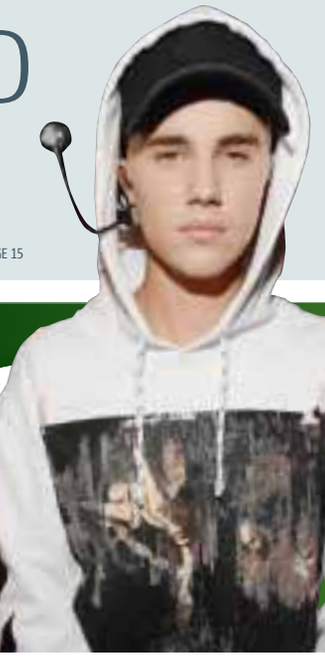
BIEBER BOUNCED BY PLAYBOY

POP BRAT GOT TOO HANDSY WITH A BUNNY. PAGE 15



metro

NEW YORK CITY No. 1 FREE DAILY IN THE U

Tuesday, September 29, 2015 www.metro.us | t: MetroNewYork | f: MetroN

SHEN YUN SYMPHONY ORCHESTRA

Next Saturday Only!

An inspirational concert blending East and West.

CARNEGIE HALL
October 10

ShenYun.com/Symphony

HERE TO STAY

MLB. This is just the beginning of a Mets revolution in the city of New York, according to Metro columnist Marc Malusis. The Mets will begin postseason play next week. PAGE 24

Kirk Nieuwenhuis, Yoenis Cespedes and the Mets have the ingredients to make noise both now and in the future. / GETTY IMAGES

Bratton wants laws on homeless reexamined

PAGE 02

Fred Savage is coming back to network TV

PAGE 16

How to have fun in the kitchen with kids

PAGE 22

FORDHAM
School of Professional and Continuing Studies
Opportunities for adult learners
eeo

It's time to take the next step.
Attend an information session and receive an application fee waiver!
pcs.fordham.edu/visit

Lincoln Center
New York, N.Y.
6:30 p.m.
October 6

Rose Hill
Bronx, N.Y.
6:30 p.m.
October 7

Westchester
West Harrison, N.Y.
6:30 p.m.
October 8

1 NEWS

Top 3

The best of Metro.us

1 'White jogger screams at parents who ran stroller into him; claims he "settled" Brooklyn (VIDEO)'

2 '4 things we learned after watching the premiere of "Quantico"'

3 'Road closures for Philly Papal visit announced'

On the go

Love getting your news fix with Metro? We know you do. Get more of the news, columns, reviews and games you love with Metro's digital newsletter. Sign up today at Metro.us/newsletters.

NYPD wants laws about homeless reexamined

Rules. Homeless and police advocates alike fear expensive litigation.

The NYPD moves a group of homeless people off sidewalk outside of Metro North Station, West 125th Street between Park and Madison avenues. / DAVID MCGLYNN

New York City's top cop said the NYPD is working with city attorneys to re-examine laws related to how officers can enforce laws on homelessness.

In an interview with Metro New York on Wednesday, Bratton said he was in talks with the city's Law Department and Corporation Counsel Zach Carter, "reviewing existing laws and interpretations of those laws."

Whatever those reinterpretations might look like, advocates for homeless and police alike expressed concern over the implications.

"We're talking with Corporation Counsel Zach Carter about taking a fresh look at some of the laws or interpretations of the law in the last 20 years that have mitigated officers taking action they've taken for many years," Bratton told Metro.

"The technicalities of those laws are mind-blowing," he added.

A spokesman for the Law Department declined to comment on any discussions between it and NYPD representatives.

"What's mind-blowing is they're harassing and ticketing homeless people — they're already down," said Jason Grimes, a member of advocacy group Picture the Homeless.

"They're wasting time, resource and money policing people who shouldn't be policed," Grimes, 34, added. "Our city officials should be smarter than this."

Last week, Bratton announced a special unit with training specific to the needs to the corner of 125th Street and Lexington Avenue, which in recent weeks has become symbolic of the city's struggle with homeless New Yorkers camped out in public areas.

Bratton made sure to explain the officers will be trained to proactively work with mentally impaired individuals, many of whom are sent to psychiatric care, as well as substance abusers and those who generally refuse social services.

The commissioner did not indicate which specific laws might be reinterpreted in cases where people refuse treatment or relocation.

Instead, he pointed to certain discrepancies between laws against loitering, disorderly conduct or sleeping in parks versus sidewalks, offenses that can earn anything from a warning to a misdemeanor charge.

"As I'm looking at them, I think there's more wiggle room than we may have had in the past," Bratton said.

Sergeants Benevolent Association President Ed Mullins agreed that enforcement of homelessness comes with a lot of gray areas, but called reinterpretations of laws a temporary and political solution.

"I think the outreach is good, but coming from law enforcement — I don't know if that's really our role," said Mullins, whose group earlier this year asked officers and New Yorkers to submit photos of homeless around the city to the SBA's Flickr account.

Still, Mullins referred to the city's longtime legal woes on stop-and-frisk, adding that homelessness is, at the end of the day, "not a law enforcement problem" and demanded more accountability from other city agencies better suited to help.

"If you're asking me to take a person off the street because they have cardboard on top of them instead of under them, I'm not doing it," Mullins said. "That's reaching, and this is where we get in trouble with the law."

Longtime civil rights attorney Norman Siegel agreed, and said NYPD might open itself up to lawsuits by redefining statutes.

"The better course is to sit down with advocates and figure out how existing laws can help get people off the streets," he said.

Even as the NYPD has begun to send some homeless to medical facilities and psychiatric wards instead of arresting them, Siegel warned police are vulnerable to lawsuits when individuals are determined to be not a threat to themselves or others.

"The law is supposed to balance the public interest and individual rights, and homeless people do still have civil rights," Siegel said. "Rather than tinkering with the law, why don't we all work together to realistically ameliorate the situation?"

Quoted

"If you're asking me to take a person off the street because they have cardboard on top of them instead of under them, I'm not doing it." Mullins

CHESTER SORIA
@chestersoria
chester.soria@metro.us

'Powerful tool'

$12M to fight evictions, harassment

New York City will spend $12.3 million on efforts to provide free legal services for tenants fighting eviction.

Mayor Bill de Blasio on Monday framed the announcement as the city's latest effort to prevent rising homelessness that residents and tabloids have called attention to in recent months.

More than 57,000 people are reported to be living in emergency shelters across the city.

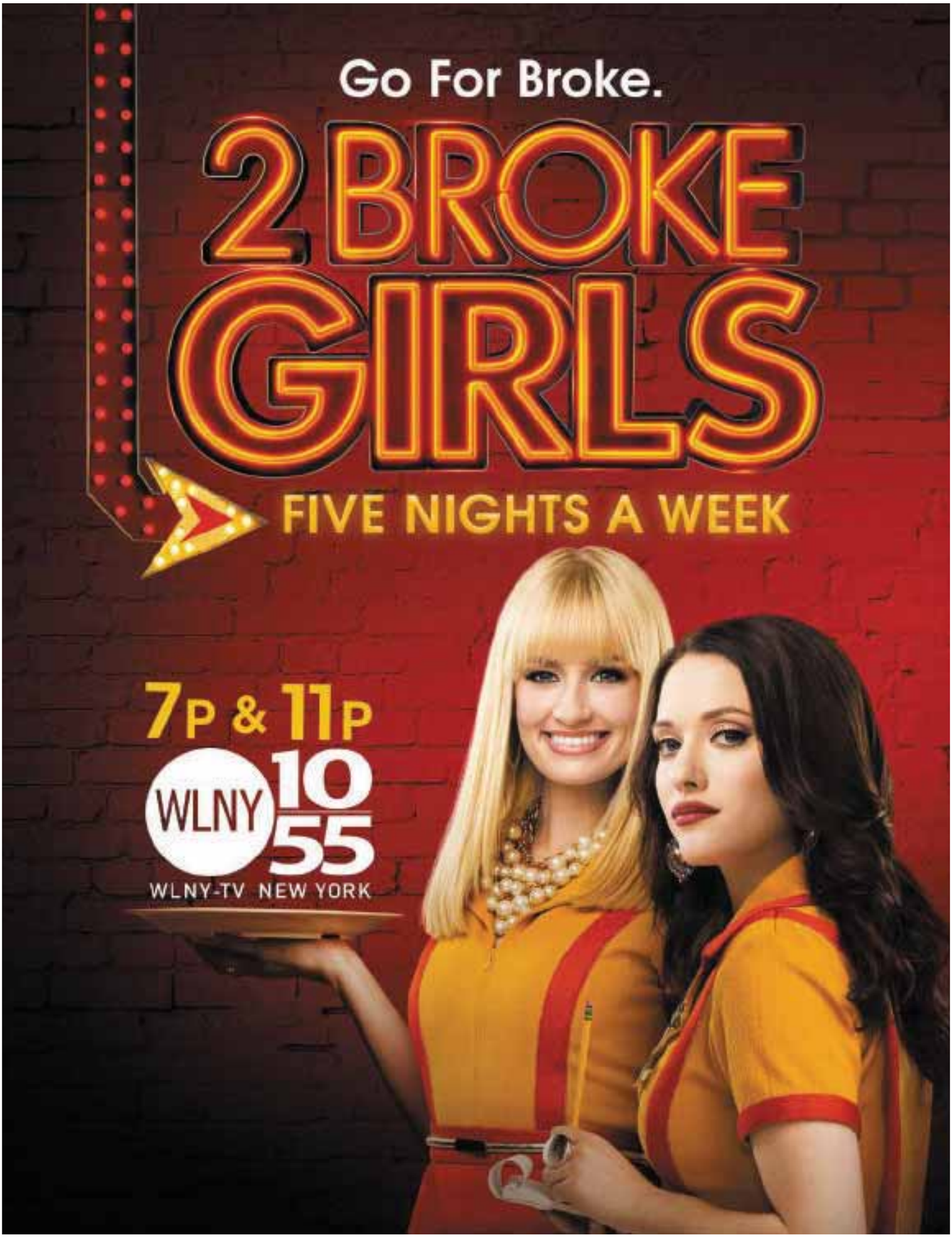
De Blasio called the free legal aid a "very powerful tool for tenants facing eviction and are victims of harassment by unscrupulous landlords."

"This new initiative will mean that they will have a guardian, they will have lawyers standing by them," the mayor said from City Hall. "They'll never have to stand alone in a court of law to defend their basic rights."

The $12 million announced Monday will go toward anti-eviction services managed by the Human Resources Administration, which in total will receive $25.8 million to help keep New Yorkers in their homes.

The mayor's office estimates 19,000 households — largely in communities with the highest number of New Yorkers entering shelters — will benefit from those services. Another $20.5 million is currently slated to help prevent tenant harassment in neighborhoods slated for rezoning under de Blasio's affordable housing plan. CHESTER SORIA

De Blasio / GETTY IMAGES


Go For Broke.
2 BROKE GIRLS
FIVE NIGHTS A WEEK
7P & 11P
WLNY 10 55
WLNY-TV NEW YORK

Join us to learn more about buying a home

If you've been thinking about buying a home, please come to our free Preparing for Homeownership Workshop. You'll have a chance to meet with a mortgage specialist who can help make the home buying process more clear and more straightforward every step of the way.

At this event, we'll talk about:

- How to decide how much you can comfortably afford
- How credit scores and credit history affect your ability to borrow
- Types of mortgage programs and available loan options
- Down payment and cost savings programs that may help make buying a home more affordable[1]

Register today

There will be hourly workshops each day, so you can register for the day that works best for you. You'll have the chance to meet one-on-one with a mortgage specialist and housing counselor who can provide personalized solutions for your unique needs. We look forward to helping you.

Friday, October 2, through Saturday, October 3
Doors are open from 10 a.m. - 6:30 p.m.
Workshops every hour

New York Hilton Midtown (6th Ave. and W. 54th St.)
1335 Avenue of the Americas
New York, NY 10019

To register, visit **mortgage.bankofamerica.com/steveshteyn** and select the RSVP link.

Bank of America

[1]Down payment and/or closing cost assistance programs may not be available in your area. Down payment and/or closing cost assistance amount may be due upon sale, refinance, transfer, repayment of the loan, or if the senior mortgage is assumed during the term of the loan. Some programs require repayment with interest and borrowers should become fully informed prior to closing. Not all applicants will qualify. Minimum credit scores may apply. Sales price restrictions and income requirements may apply. Homebuyer education may be required. Owner-occupied properties only. Maximum loan amounts may apply.
Credit and collateral are subject to approval. Terms and conditions apply. This is not a commitment to lend. Programs, rates, terms and conditions are subject to change without notice. All trademarks are the property of Bank of America Corporation or their respective owners. Bank of America and other advertised companies are separate entities; each is independently responsible for its products, services and incentives.
Bank of America, N.A., Member FDIC. Equal Housing Lender. ©2015 Bank of America Corporation.
AR9FWGFH AD-08-15-0302.C 08-2015
Protect your personal information before recycling this document.

New cluster of Legionnaires' cases in Bronx

Bacterial. Seven people linked to Morris Park were hospitalized and are being treated for the infection.

Legionella / GETTY IMAGES

A new cluster of Legionnaires' disease cases in the Bronx has city health officials on high alert.

Health Commissioner Dr. Mary Bassett announced that the city is looking into how seven Bronxites from Morris Park were infected and hospitalized with Legionella bacteria that afflicts victims with flulike symptoms.

At City Hall, Bassett told reporters that the Health Department tested all of the cooling towers in the Morris Park area over the weekend. She expects the results back this week.

"It doesn't mean we know what the cause is," she said, "but they are geographically linked."

Officials identified the cluster on Sept. 21. All the patients were between the ages of 45 and 75, and either live, work or have visited Morris Park recently.

"We want to make sure people seek care early if they have symptoms," Bassett added.

Mayor Bill de Blasio also said all the towers were previously tested as a result of a new law to inspect cooling towers following the city's last bout with Legionnaires' disease in August.

At the time, 124 New Yorkers were linked to a previous cluster that officials sourced to a cooling tower at the Opera House Hotel in the South Bronx.

Twelve people died from the pneumonia-causing bacteria.

Bassett cautioned that until the test results come back, the city can't link the latest outbreak to the cooling towers and may find other potential sources.

CHESTER SORIA
@chestersoria
chester.soria@metro.us

Banking. Comptroller's office launches multilingual resource

A recently launched tool by the city comptroller expanded on Monday to offer Spanish- and Chinese-speaking residents access.

Comptroller Scott Stringer launched the "Take It to the Bank" website in June but announced on Monday during an appearance on BRIC TV that non-English speakers can now better find banks to open checking accounts with.

At least 21 of the 74 listed banks accept the city's newly issued municipal ID card, which debuted in January to help immigrant populations better access city services.

The website allows users to compare features and fees among the 74 banks servicing the New York City area, including language assistance.

Stringer / MILES DIXON

Thirteen percent of households across the five boroughs reported not having a basic checking account, according to the comptroller's study.

CHESTER SORIA

CookiesKids.com

510 Fulton Street	982 Flatbush Avenue	265 Livingston Street	166-21 Jamaica Avenue	91-11 Merrick Blvd	1534 Westchester Avenue	567 Melrose Avenue
718-797-3300	718-287-2300	718-797-3300	718-291-7700	718-291-7700	718-991-9500	718-585-0800

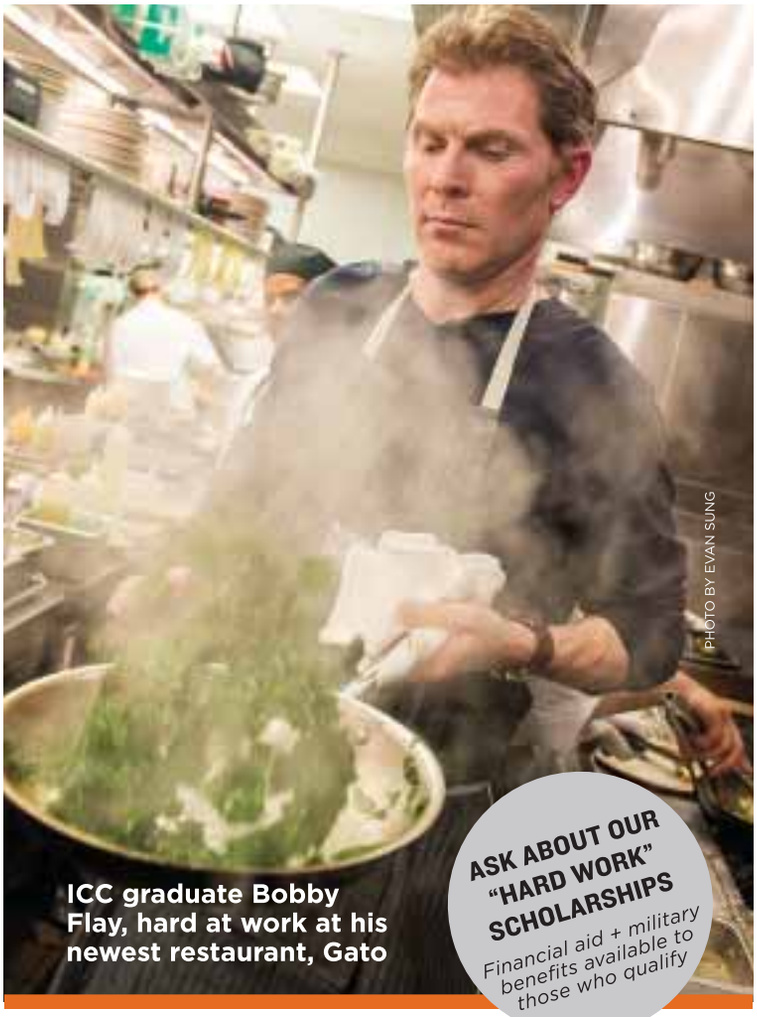


PHOTO BY EVAN SUNG
ICC graduate Bobby Flay, hard at work at his newest restaurant, Gato
ASK ABOUT OUR "HARD WORK" SCHOLARSHIPS
Financial aid + military benefits available to those who qualify

HARD WORK TASTES GOOD

NEW YORK CITY'S PREMIER CULINARY SCHOOL

CALL **888-324-2433** OR VISIT
CULINARYCENTER.COM/OPENHOUSE
TO ATTEND AN OPEN HOUSE
MONDAY, OCTOBER 5, 6:00PM-8:00PM
SATURDAY, OCTOBER 17, 11:00AM-1:00PM

PRIVATE TOURS ALSO AVAILABLE

INTERNATIONAL CULINARY CENTER
462 Broadway, Soho, New York City

CULINARY • PASTRY • BREAD • CAKE • WINE

Pipes / BOB DURAN, FLICKR

City's water pipes at the breaking point

Drip. Hundred-year-old pipes contribute to 20 percent of all water leaking out before it reaches the tap.

With some of the oldest infrastructure in the nation, the pipes under New York state are failing, according to a report by NBC New York, which added that the EPA estimates the state faces $22 billion in costs to repair old pipes in the next 20 years, while a state projection puts the amount at $39 billion.

"We trade in our cellphones after one year. We trade in TVs because we want a bigger screen. But we're content to live with more than 100-year-old pipes," said U.S. Rep. Paul Tonko, D-Albany, in the NBC report. "Believing they will be there forever is unreasonable."

New York is hit especially hard by breaking pipes because of the freeze-and-thaw cycle of the northeastern winter and because many pipes under New York's cities and towns are at least a century old, according to NBC.

"Once you shift the ground and put it against an older pipe that's become brittle, then it's 'Snap! You've got a break,'" said Robert Lichtenthal, deputy director at the Erie County Water Authority, to NBC New York.

New York City saw 513 water main breaks last year, while estimates say 20 percent of the treated water that enters the city's pipes leaks out before it reaches the faucet, according to the NBC report.

The state's Environmental Facilities Corp. approved more than $400 million for drinking water projects last year while state lawmakers approved an additional $200 million in water funding earlier in 2015, NBC reported.

JASON NUCKOLLS
@MetroNewYork
jason.nuckolls@metro.us

Wagner Houses

Man shot, killed in broad daylight in East Harlem

An East Harlem man died on Sunday afternoon after police said at least one brazen shooter killed the victim.

Lamont Mason was shot and killed outside of Wagner Houses on Second Avenue near East 124th Street, a block away from his own apartment in the housing complex.

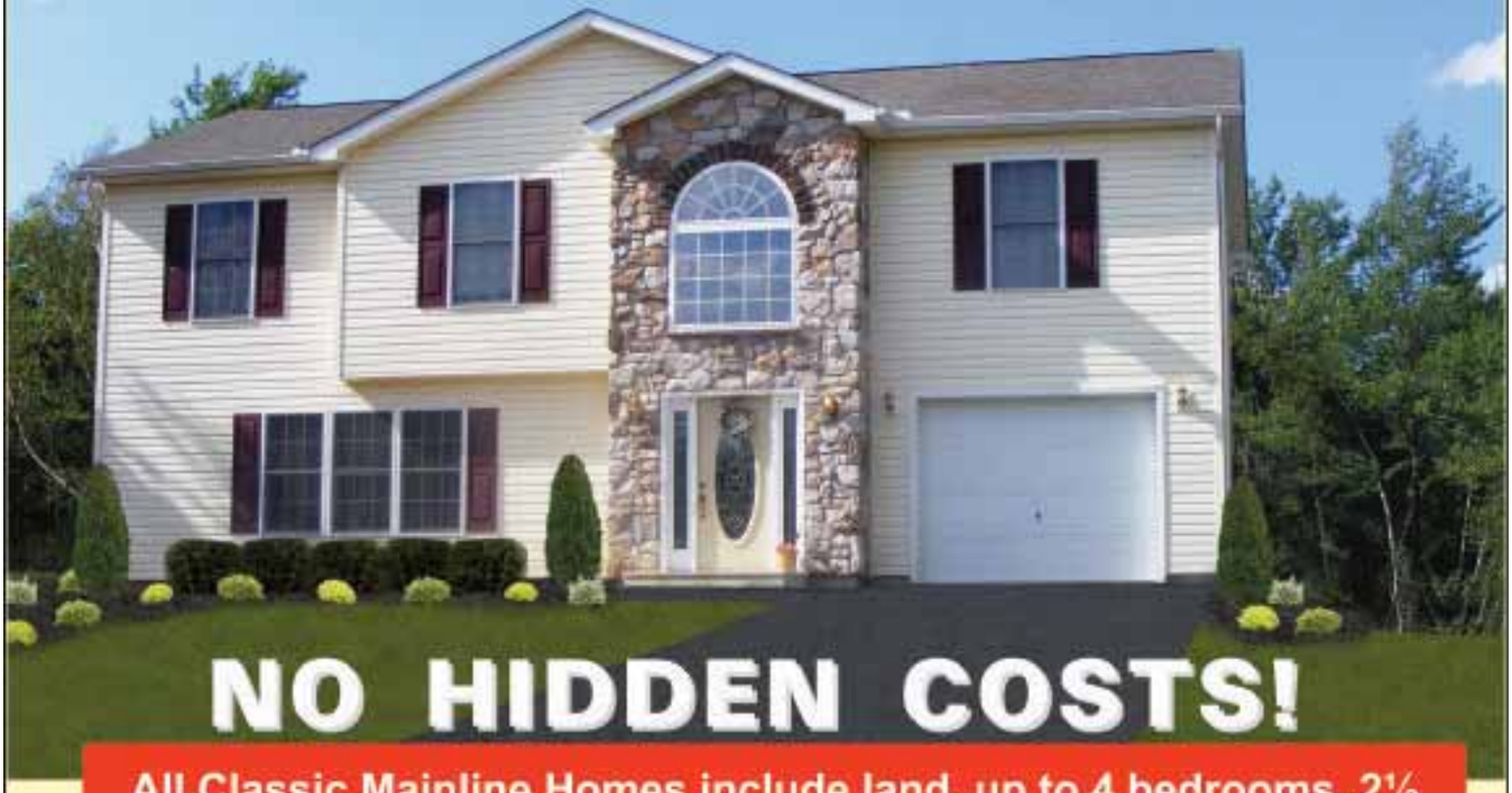
Police found Mason, 20, unconscious and unresponsive at the corner at around 4:40 p.m. on Sunday.

An NYPD spokesman said Mason was found with multiple gunshot wounds to his body, including wounds to his chest and legs.

Paramedics arrived at the scene soon after and rushed Mason to Harlem Hospital, where doctors declared him dead.

CHESTER SORIA

Classic Homes Include *Everything!*



NO HIDDEN COSTS!

All Classic Mainline Homes include land, up to 4 bedrooms, 2½ baths, garage, living room, dining room, complete appliance package, Central Air and Heat, landscaping, and a host of features. including permitting, driveway and well -- all included in the purchase price!

Shown above is Country Home model including 4 large bedrooms, 2½ baths, attached garage and more.

Just **$199,900! • $6,997 Down • $1,577* per month**

monthly payment pays all including principal, interest, taxes and insurance!

Or choose from Classic's Complete Line of Brand New Homes in the Poconos!

LOW PROPERTY TAXES! EXPRESS COMMUTER BUSES (4 per hour) 90 mins to NYC!

Buy a home now -- Get up to $5,000 toward Closing Costs!

CLASSIC QUALITY HOMES

Call toll free

1-800-276-4000

Visit our all-new website:

www.classicqualityhomes.com

Or text: cqh to 411669 to get text updates about our Home Buying Incentive programs

* Monthly payments based on FHA 30 yr. fixed interest rate of 4.5% with 5% APR with a finance cap of $271,000. Lower rates may apply to qualified buyers. All numbers are estimated. Conventional mtgs. also available. *Figures quoted above on Country model based on conventional 30 year mtg.*

United Nations

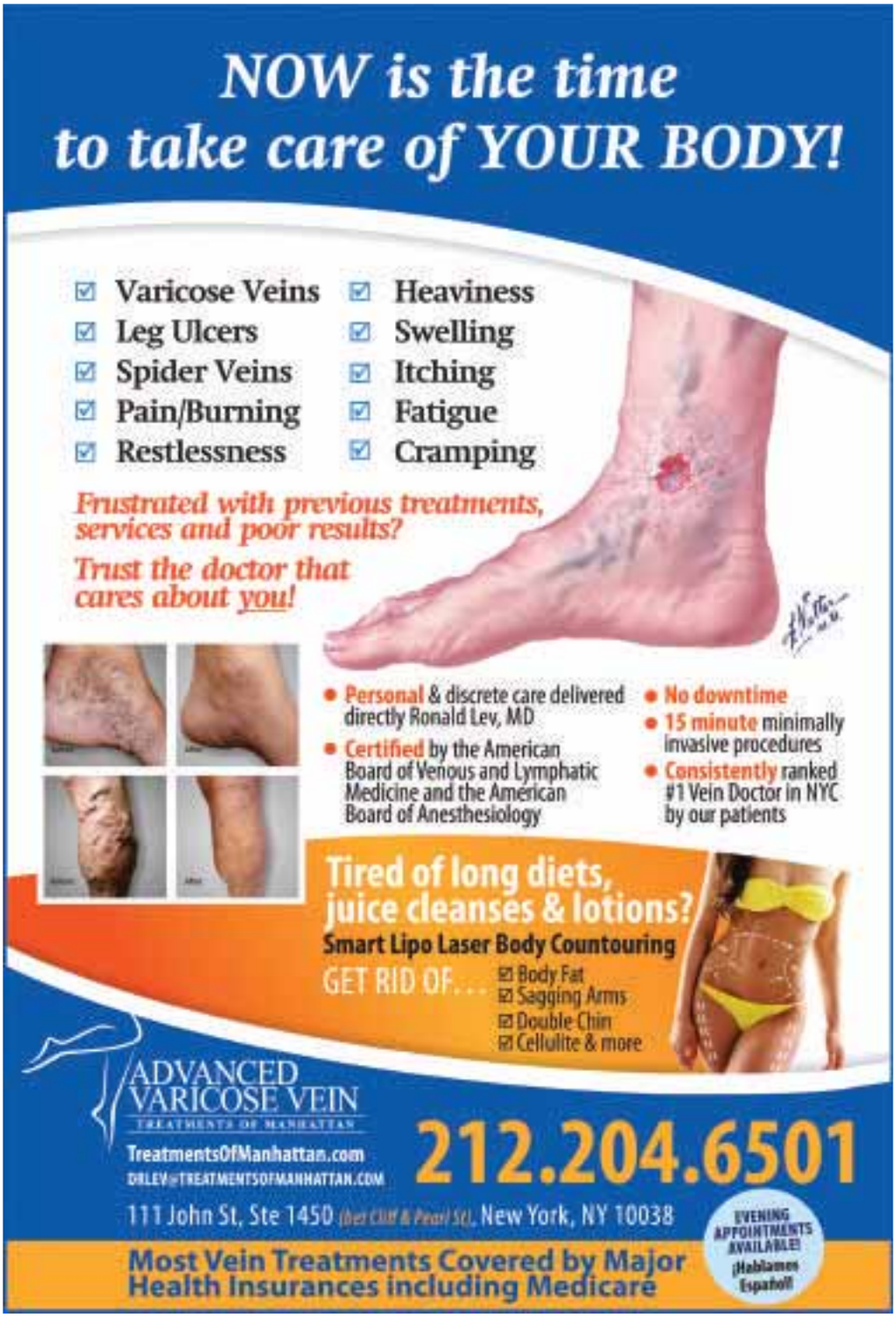
Castro says US must end embargo to have normal Cuba ties

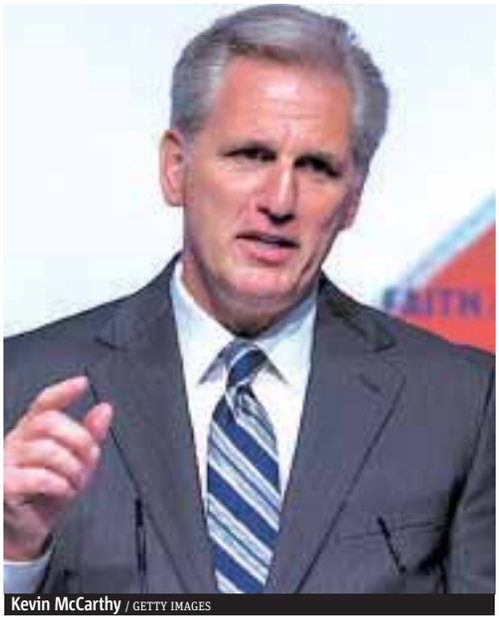
Cuban President Raul Castro told the U.N. General Assembly that normal relations with the United States would only be possible if Washington ended its trade embargo on his country, returned the military base at Guantanamo and ended anti-communist broadcasts beamed into the island.

Raul Castro / GETTY IMAGES

With diplomatic ties now restored, overall normal relations "will only be achieved with the end of the economic, commercial and financial blockade against Cuba; the return to our country of the territory illegally occupied by the Guantanamo Naval Base; the cessation of radio and TV broadcasts, and of subversion and destabilization programs against the island; and when our people are compensated for the human and economic damages they still endure," Castro said in his first address ever to the United Nations.

Castro received sustained applause. REUTERS


NOW is the time
to take care of YOUR BODY!
Varicose Veins
Leg Ulcers
Spider Veins
Pain/Burning
Restlessness
Heaviness
Swelling
Itching
Fatigue
Cramping
Frustrated with previous treatments, services and poor results?
Trust the doctor that cares about you!
Personal & discrete care delivered directly Ronald Lev, MD
Certified by the American Board of Venous and Lymphatic Medicine and the American Board of Anesthesiology
No downtime
15 minute minimally invasive procedures
Consistently ranked #1 Vein Doctor in NYC by our patients
Tired of long diets, juice cleanses & lotions?
Smart Lipo Laser Body Countouring
GET RID OF...
Body Fat
Sagging Arms
Double Chin
Cellulite & more
ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN
TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM
212.204.6501
111 John St, Ste 1450 (Bet Cliff & Pearl St), New York, NY 10038
EVENING APPOINTMENTS AVAILABLE!
¡Hablamos Español!
Most Vein Treatments Covered by Major Health Insurances including Medicare


Kevin McCarthy / GETTY IMAGES

Contender for House speaker rips Obama's foreign policy

McCarthy. He was critical of the president in a speech that could increase his appeal to hard-line conservatives.

Quoted

"We must wage this war against radical Islam as if our life depended on it, because it does."
McCarthy

Republican U.S. Representative Kevin McCarthy, the leading candidate to be the next House speaker, voiced sharp disagreement with President Barack Obama's foreign policy on Monday with calls for a tougher response to Islamic State and Russian aggression in Ukraine.

"The absence of leadership over the past six years has had horrific consequences all across the globe, and it is getting worse day by day," McCarthy said in a speech to the John Hay Initiative, an organization of Republican foreign policy veterans.

McCarthy, 50, who as majority leader is the No. 2 House Republican, has emerged as the most likely candidate to be elected to succeed Boehner as speaker. The California congressman formally announced later on Monday that he had decided to run.

In his speech, McCarthy provided a list of foreign policy suggestions that largely conflicted with Obama administration policies.

There has been little common ground between congressional Republicans and Obama on foreign policy during Obama's time in office, and McCarthy's comments made clear that was unlikely to change if he were to become speaker.

He spoke on the same day that Obama gave a major foreign policy speech at the annual U.N. General Assembly.

McCarthy said the United States should provide lethal aid to Ukraine as it faces Russian aggression and target Russia's Gazprom energy company. He also spelled out strong opposition to the nuclear deal with Iran, calling for tougher sanctions. REUTERS

GET READY FOR FALL... WITH A BETTER SMILE!

Extended Special from our Ivy League trained Dentists

Special Whitening PEN $59 (REGULARLY $299)

NEW PATIENT OFFER

Exam, Cleaning, and X-rays for Only $99

212-95-SMILE

snap on smile

FREE CONSULTATION

STATE OF THE ART COSMETIC, GENERAL & RESTORATIVE DENTISTRY

INVISALIGN 2015 PREFERRED PROVIDER - FREE CONSULTATION

IMPLANTS • ROOT CANALS
PERIODONTAL TREATMENTS
CROWNS & VENEERS • TEETH WHITENING
EMERGENCY SAME DAY DENTAL TREATMENT

Dr. Marc Liechtung
Inventor of the Snap-On Smile

Dr. Steven G. Goldberg
Inventor of the DentalVibe

Dr. Daniel Jacobs
Specializing in:
General Dentistry

Dr. Priya Duggal
Specializing in:
Gums & Implants

Dr. Eric Novison
Specializing in:
Root Canals

1995 Broadway, Suite 200
New York, NY 10023
Visit us online at
www.manhattandentalarts.com
212-95-SMILE
(76453)

MANHATTAN DENTAL ARTS COSMETIC, GENERAL & RESTORATIVE DENTISTRY

Five things you need to know

1 NY woman gets seven years prison for helping inmates escape

A prison employee who helped two convicted murderers escape from a maximum security prison in upstate New York was sentenced on Monday to up to 7 years behind bars for providing the inmates with tools used in their daring breakout.

The judge rebuked Joyce Mitchell, 51, who worked as a supervisor at the tailor shop of Clinton Correctional Facility in Dannemora, for the terror experienced by the surrounding community during the nearly month-long manhunt for convicted murderers Richard Matt and David Sweat.

"You did terrible things," Judge Kevin Ryan told Mitchell as she stood shackled before him, her husband looking on from the courtroom's front row.

Mitchell, who accepted a deal with prosecutors in which she admitted smuggling hacksaw blades and a screwdriver bit for the June 6 escape, apologized for "the worst mistake I have ever made in my life." She had agreed to drive a getaway car as well, but at the last minute second thoughts stopped her from meeting the escapees.

The judge sentenced her to 2 1/3 to 7 years and a $5,000 fine for promoting prison contraband and a concurrent 1-year prison term and $1,000 fine for criminal facilitation. **REUTERS**

MITCHELL
GETTY IMAGES

2 Chicago-area district reopens school buildings after Legionella found

Three school buildings in suburban Chicago will reopen on Monday, days after annual testing of cooling towers found higher-than-normal levels of the bacteria that causes Legionnaires' disease, school officials said.

The buildings, which include a high school, middle school and alternative secondary programs, were closed and 3,000 students and about 350 staff members were moved to other locations on Wednesday "in an abundance of caution," the district said. **REUTERS**

3 Whole Foods to cut about 1,500 jobs

Upscale food market operator Whole Foods Market said it would cut about 1,500 jobs, or about 1.6 percent of its workforce, as it works to bring down costs.

The magnitude of the job cuts, which will happen over the next eight weeks, are unprecedented at Whole Foods and come as the company invests in technology upgrades and tries to shed its reputation for high prices.

The affected jobs will be both in stores and in regional operations, the company said in an email to Reuters. **REUTERS**

GETTY IMAGES

4 Apple reports record sales of iPhone 6s, 6s Plus in first weekend

Apple said on Monday it had sold more than 13 million iPhone 6s and 6s Pluses during their first weekend of availability in 12 markets, setting a record for its marquee product.

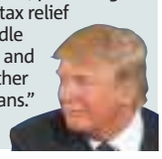
Although sales surpassed analysts' expectations of 12 million to 13 million units, shares of Apple fell more than 1 percent. This suggested investors remained skeptical that Apple can improve on the demand for the previous iPhone, which propelled the company to its most-profitable quarter ever, said IDC analyst John Jackson. **REUTERS**

5 Trump promises to tax US corporate profits held abroad

Donald Trump on Monday unveiled sweeping proposals to simplify the tax code, slash the corporate tax rate and impose a one-time levy on the overseas earnings of U.S. companies.

In a news conference at Trump Tower in Manhattan, he also vowed to eliminate deductions and loopholes for special interest groups if he becomes president.

"It's a tax reform that I think will make America strong and great again," Trump said, promising "major tax relief for middle income and most other Americans." **REUTERS**



ASIG
A BBA Aviation company

Are You Ready for a New Career?

AVIATION HIRING EVENTS!!

Tuesday, September 29th, 2015 – 9:30A–4:00P

Hilton Hotel – New York JFK Airport, 144-02 135th Avenue, Jamaica, NY 11436

Complimentary Parking

Public Transit: Q40 (last stop) or Q7 corner Rockaway & 143rd Street

Open Positions at JFK International Include:

- **Ground Service Supervisor**
- **Lead Ground Service Agents**
- **Ground Service Agents**
- **Seasonal On-Call Deicer**
- **Drivers (CDL Class A Required)**
- **Load Control • Passenger Service Lost & Found**

Apply before you attend the event at www.asig.com, keyword "Jamaica"!

Benefits We Offer: Medical/Dental/Life Insurance, 401(k) plan, Tuition Reimbursement (select positions), Paid Training, Pay Rate Increase after 90-days (select positions).

Requirements: All candidates must be at least 18 years of age. Ground handling positions require an active/valid state Driver's License with acceptable MVR. Must be open and flexible to different shifts, days, weekends and holidays. Must be able to pass pre-employment drug screen and background check.

ASIG is an Equal Opportunity Employer M/F/Disability/Vet

Painful Varicose Veins & Swollen Legs?

Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

DO YOU SUFFER FROM

- ☑ Varicose Veins
- ☑ Spider Veins
- ☑ Itching and Burning
- ☑ Leg Pain and Cramps
- ☑ Heaviness and Swelling
- ☑ Skin Discoloration
- ☑ Ulcers and Blood Clots
- ☑ Difficulty Walking Long Distances

You may have a condition called venous insufficiency, which left untreated can lead to serious health complications. Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.

Have you had prior vein treatment and are not satisfied with the results? USA Vein Clinics can help!

When it comes to your health, trust your legs only to the top vascular specialists at USA Vein Clinics.

Medicare and most insurances accepted! *Call us today to schedule your appointment*

(917) 717-5135

www.USAVeinClinics.com

NOW ACCEPTING **HEALTHFIRST!**

USA Vein Clinics

New York

1153 First Ave • Manhattan, NY 10065

2511 Ocean Ave, Ste 102 • Brooklyn, NY 11229

2444 86th St, Ste A • Bensonhurst, NY 11214

116-02 Queens Blvd • Forest Hills, NY 11375

NEW 1975 Hylan Blvd • Staten Island, NY 10306

NEW 260 W Sunrise Hwy, Ste 102 Valley Stream, NY 11581

COMING SOON 4159 Broadway • Washington Heights, NY 10040

New Jersey

766 Shrewsbury Ave, Ste 300 • Tinton Falls, NJ 07724

MIRACLE ON 35TH STREET

INVISALIGN SUMMER SPECIAL

$3,999
for full treatment
$2,699
for express treatment
includes complimentary Zoom Whitening (additional $700 value)

Financing as low as $95/month*
Offer good through 9/30/15 *must qualify

• Veneers
• Dental Implants: To replace missing teeth permanently

$495 off One Dental Implant
exp 9/30/15 - One per patient
FREE CONSULTATION

Leaders in Implant Dentistry! - Est. 1977

CALL NOW TO SCHEDULE YOUR COSMETIC DENTAL EXAM
212-689-0024
224 West 35th St., New York, NY
16th Roor (between 7th and 8th Avenues)
www.heraldsquaredental.com
Cannot be combined with other offers

HERALD SQUARE DENTAL & THE DENTURE CENTER

expand your business with metro.
to advertise, contact (212) 457-7735 or advertising@metro.us
metro media media.metro.us

FBI Director Jim Comey. US crime report to include more data on police-involved shootings

St. Louis police arrest demonstrators protesting the killing of 18-year-old Michael Brown. / GETTY IMAGES

The FBI will report more data on shootings involving police officers in the future, the head of the agency said on Monday as he released a report showing violent crime fell in 2014, continuing a 20-year trend.

FBI Director Jim Comey announced the plan amid an ongoing debate in the United States about the appropriate use of force by police following a spate of incidents in which officers shot and killed civilians, including several black men.

"Once we receive this data, we will add a special publication that focuses on law enforcement's use of force in shooting incidents," Comey wrote in a message included in the FBI's annual report "Crime in the United States."

The report released on Monday showed the number of violent crimes in the U.S. declined slightly in 2014, continuing a 20-year trend, but some states, such as Florida and Montana, saw an uptick in violent offenses.

The estimated number of violent crimes in the U.S. in 2014 fell by 2,915, the report said, dropping about a quarter of a percentage point to 1,165,383 from 1,168,298.

Quoted

"We hope this information ... will help to dispel misperceptions, foster accountability and promote transparency in how law enforcement personnel relate to the communities they serve." Comey

Violent crime has dropped by 35 percent in the United States over the last two decades, from nearly 1.8 million in 1995 to under 1.2 million in 2014.

REUTERS

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)
A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)

Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight– they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

If any of these apply to you... Call today.
Patient is responsible for co-pays & deductibles
most insurance plans accepted complete family foot care laser surgery available

Relief For Chronic Heel Pain

Now Featuring genesisplus™
New FDA Laser Treatment For Nail Fungus, Scars & Warts
CUTERA

New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

The Most Advanced Techniques Used For Bunions & Hammertoe Correction

Downtown location	Midtown location	
65 Broadway Suite 1103 Financial District NYC, NY 10006 212-486-7333	121 E. 60th St. New York City, NY 212-486-7333 **Paul Drucker DPM** **Jordan Drucker DPM**	235 East 22nd Street (between 2nd and 3rd Ave) 1 212-486-7333 184 east 70th st 212-772-3500

NYCI established 1941 NEW YORK CAREER INSTITUTE
The College of Legal & Medical Professions
Now in our 75th year, NYCI has helped thousands of men and women launch successful careers.
There's Still Time to Enroll
Classes Start October 5th

- Court Reporting
- Healthcare Management
- Medical Billing and Coding

• Degree & Certificate Programs
• Transfer Credits Accepted
• VA Approved

Call 212•962•0002
www.nyci.edu
11 Park Place, NYC
Located near City Hall and convenient to reach by:
1 2 3 4 5 6 A C E J Z R

US, Russia clash over working with Assad

General Assembly. The disagreement raised questions about how Obama and Putin might find common ground.

Syrian President Bashar al-Assad / GETTY IMAGES

The United States said on Monday it was willing to work with Russia, as well as Iran, to try to end the Syrian civil war but the two big powers clashed over whether or not Syrian President Bashar al-Assad should be included.

Speaking at the annual United Nations General Assembly, President Barack Obama described Assad as a tyrant and as the chief culprit behind the four-year civil war in which at least 200,000 people have died and millions have been driven from their homes.

Russian President Vladimir Putin, in contrast, told the gathering of world leaders that there was no alternative to cooperating with Assad's military in an effort to defeat the Islamic State militant group, which has seized swathes of territory in Syria and neighboring Iraq.

"The United States is prepared to work with any nation, including Russia and Iran, to resolve the conflict," said Obama, who spoke before Putin. "But we must recognize that there cannot be, after so much bloodshed, so much carnage, a return to the prewar status quo."

Obama did not explicitly call for Assad's ouster and he suggested there could be a "managed transition" away from his rule, the latest sign that despite U.S. animus toward the Syrian leader it was willing to see him stay for some period of time.

He dismissed the argument that authoritarianism was the only way to combat groups such as Islamic State, saying, "In accordance with this logic, we should support tyrants like Bashar al-Assad, who drops barrel bombs to massacre innocent children, because the alternative is surely worse."

Putin, in contrast, suggested there was no other option.

"We think it is an enormous mistake to refuse to cooperate with the Syrian government and its armed forces who are valiantly fighting terrorism face to face," Putin said during his speech before the U.N. General Assembly. REUTERS

Apple Bank BONUS Savings Account:
Great Rate *and* a Bonus on Each 1-Year Anniversary!

BONUS Savings Account 0.75% APY* $25,000 minimum to earn stated rate PLUS BONUS** 0.25% On each 1-year anniversary of account opening

Visit one of our conveniently located branches today!

Apple Bank
Established 1863 · Member FDIC

www.applebank.com • 914-902-2775

*For the Apple Bank BONUS Savings account, interest earned on daily balances of $2,500 or more at these tiers: $2,500-$24,999: .10% Annual Percentage Yield (APY), $25,000 and up: .75% APY. There is no interest paid on balances of $0-$2,499. APYs disclosed effective as of January 6, 2015. APYs may be changed at any time at the Bank's discretion. There is a minimum of $2,500 required to open the Apple Bank BONUS Savings account. $2,500 minimum daily balance is required to avoid $10 monthly maintenance fee. Fees may reduce earnings. Funds used to open this account cannot be from an existing Apple Bank account. Maximum deposit amount is $1,000,000 per household. **Special bonus feature: A .25% simple interest rate bonus will be paid on each anniversary date of account opening on the lowest balance for that year (anniversary date to anniversary date). No bonus is paid if the account balance is less than $2,500 on the anniversary date. Additional deposits during a given anniversary period do not affect the bonus interest payment. Deposits made to the account on any anniversary date will be used to calculate the lowest account balance for the next anniversary period. The bonus interest is calculated on the lowest balance on deposit from one anniversary date to the next anniversary date. Simple interest rate bonus is subject to change at any time after first anniversary date of account opening. **Hypothetical example of how bonus works:** Assume an account is opened on January 12, 2015 for $50,000. A $10,000 withdrawal is made on July 12, 2015. No other withdrawals are made prior to the January 12, 2016 anniversary date. The low balance is now $40,000, so $100 in bonus interest will be paid on January 12, 2016.

Breathe Freely. Live Fully.

Why suffer with nasal and sinus problems when we have solutions?

At **eos sinus**, we diagnose and treat the many causes of nasal and sinus disorders.

After an expert evaluation, our board-certified physicians consider all your options before recommending a treatmen plan. Our wide range of safe and minimally invasive treatments, including Balloon Sinuplasty™, have proven to be effective for many of our patients.

866-eos-sinus (866-367-7468)
eossinus.com

Most Insurance Plans Accepted

If you think you are suffering from sinus problems, visit our website and take our quick and simple Sino-Nasal Outcome Test.

eos sinus
For the treatment of nasal and sinus disorders

20 EAST 66TH STREET NYC • 262 CENTRAL PARK WEST NYC
589 BROADWAY NYC
833 NORTHERN BLVD GREAT NECK

BRAMSON ORT COLLEGE www.bramsonort.edu EOE / AA

Finish What You Started
Become Our Next Graduate

Earn Your High School Equivalency Diploma While Studying for Your Degree*

Contact us to learn more about our Opportunity Grant!

CALL TODAY! (866) 644-2925

*Must meet Ability to Benefit Requirements

THE BRAMSON ORT PROGRAMS GAINFUL EMPLOYMENT DISCLOSURES ARE POSTED ON WWW.BRAMSONORT.EDU

Mars

From water to supporting life?

Still unknown is whether minerals are absorbing water vapor directly from Mars' thin atmosphere, or if there is a source of melting ice beneath the surface.

Whatever the water's source, the prospect of liquid water, even seasonally, raises the intriguing prospect that Mars, which is presumed to be a cold and dead planet, could support life today. However, NASA said much more information about the water's chemistry is needed before scientists can make that assessment.

"It's not necessarily habitable just because it's water, at least to terrestrial organisms," an official said.

The prospect of water, even extremely briny and chemically laced, also has implications for future human missions to Mars. NASA's goal is to land U.S. astronauts on Mars in the mid-2030s.

"Mars has resources that are useful to future travelers," Grunsfeld said. "The water is really crucial because we need water to drink, oxygen to breathe."

Water also can be split into its component hydrogen and oxygen molecules to produce rocket fuel, needed to fly crews back to Earth. REUTERS

PORTIONS OF THE SURFACE SHOT BY NASA'S RECONNAISSANCE ORBITER SHOW MANY CHANNELS IN THE HELLAS IMPACT BASIN.

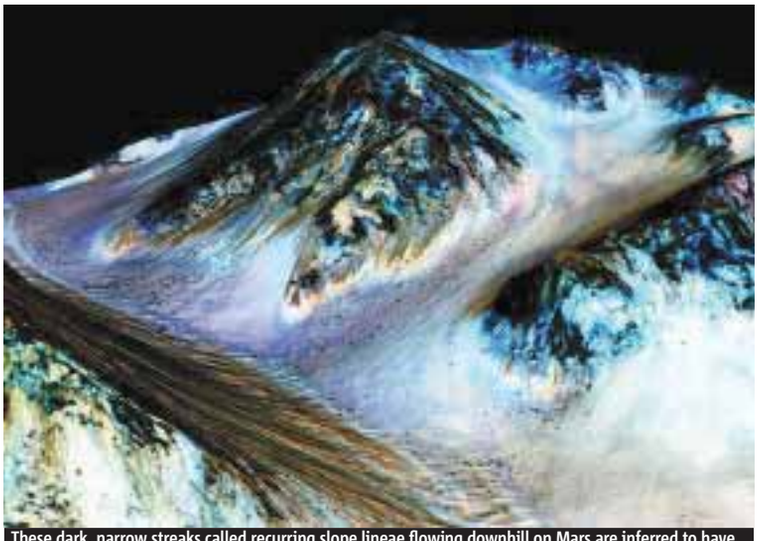
NASA scientists. Water flows on Mars, raising possibility that planet could support life

Briny water flows during the summer months on Mars, raising the possibility that the planet long thought to be arid could support life today, scientists analyzing data from a NASA spacecraft said on Monday.

Although the source and the chemistry of the water is unknown, the discovery will change scientists' thinking about whether the planet that is most like Earth in the solar system hosts microbial life beneath its radiation-blasted crust.

"It suggests that it would be possible for life to be on Mars today," John Grunsfeld, NASA's associate administrator for science, told reporters, discussing the study published in the journal Nature Geoscience.

"If I were a microbe on Mars, I would probably not live near one of these [sites]. I would want to live further north or south, quite far under the surface and where there's more of a freshwater glacier. We only suspect those places exist and we have some scientific evidence that they do," Grunsfeld said.



These dark, narrow streaks called recurring slope lineae flowing downhill on Mars are inferred to have been formed by contemporary flowing water. Recently, planetary scientists detected hydrated salts on these slopes at Hale crater, corroborating their original hypothesis that the streaks are indeed formed by liquid water. The blue color seen upslope of the dark streaks are thought not to be related to their formation, but instead are from the presence of the mineral pyroxene. / NASA/JPL/UNIVERSITY OF ARIZONA

The discovery of the water flows was made when scientists developed a new technique to analyze chemical maps of the surface of Mars obtained by NASA's Mars Reconnaissance Orbiter spacecraft.

They found telltale fingerprints of salts that form only in the presence of water in narrow channels cut into cliff walls throughout the planet's equatorial region.

The slopes, first reported in 2011, appear during the warm summer months on Mars, then vanish when the temperatures drop. The chemical fingerprints of hydrated minerals did likewise, the new study showed.

Scientists suspected the streaks, known as recurring slope lineae, or RSL, were cut by flowing water, but previously had been unable to make the measurements.

"I thought there was no hope," Lujendra Ojha, a graduate student at Georgia Institute of Technology and lead author of the scientific paper, told Reuters.

Mars Reconnaissance Orbiter makes its measurements during the hottest part of the Martian day, so scientists believed any traces of water, or fingerprints from hydrated minerals, would have evaporated.

Also, the chemical-sensing instrument on the orbiting spacecraft cannot hone in on details as small as the narrow streaks, which typically are less than 16 feet wide. REUTERS

Quoted

"Mars is not the dry, arid planet that we thought of in the past. Under certain circumstances, liquid water has been found on Mars."

Jim Green, NASA's director of planetary science

Shoulder Arthritis Treatments Keeping Boomers Active Into Their 60's, 70's Even 80's?

If you suffer with painful shoulder arthritis – science may have finally found the answer you've been looking for.

Here is why: Researchers have discovered an natural gel like medicine that is like "joint oil." This all-natural gel is one of the naturally occurring lubricating substances in your shoulder joint that cushions and lubricates the joint which dries out over time due to wear-and-tear, age or injury. But when doctors precisely place this lubricating gel into your shoulder joint by using advanced digital imaging technology – it is like putting oil on a rusty door hinge. It lubricates the joint and can decrease pain and stiffness. For some, results can be dramatic and last for months. Years for some. Often times shoulder surgery can be avoided.

Know this: This is NOT a supplement you can buy over the counter or on the internet. This is a REAL medical treatment that must be given by a trained health care professional.

And the great news is: There is a free report and information kit available that tells you everything you need to know about this treatment. It also tells you all about cutting-edge medical clinics right here in New York City that are offering this cutting-edge treatment with tremendous success.

To get your information kit or to schedule a No-Obligation Risk Free Shoulder Screening simply call 800-627-PAIN (7246).

1 Playboy bunny backhands Bieber

Oh man, it's only Tuesday and I may already have my favorite story of the week. According to a firsthand account by Playboy bunny Sarah Harris, Justin Bieber was such a misbehaving little creep at a visit to the Playboy Mansion this summer that he got kicked out for "invasive" behavior. The incident involved Bieber engaging in a bit of unwanted groping after Harris stood up for his not wanting to have his picture taken with another bunny. By way of thanks for the defense, Bieber hugged her and gave her a peck on the cheek — but he didn't stop there. "And then he grabbed my boob," Harris said in a recent radio interview. "And it was my instant reaction to just backhand him across the face." In her defense, that's my instant reaction to just seeing Bieber, so yeah.

"He kind of freaked out and didn't even say anything, and then Kylie Jenner [gave me] the finger and then security took them both out," Harris explains, adding that a sheepish Bieber reappeared at the mansion three days later to apologize. "To be honest with you, now we actually get along OK." Sure. He was just testing boundaries, right? Kids do that.

Forgive me?
ALL PHOTOS GETTY IMAGES

2 Gavin Rossdale not letting Gwen Stefani leave without a fight

Sure, the early talk of the Gwen Stefani-Gavin Rossdale breakup was that things were pretty much amicable and all, but apparently that's no longer the case now that there are lawyers involved. "Gavin is now demanding more than half of her fortune," a source tells Radar Online. "He has complained that while Gwen was launching her successful clothing line, continuing her music career and expanding her brand by appearing as a judge on 'The Voice,' he stayed home with their sons."

That's awfully modern of them, no? Anyway: "Gavin is even threatening to go to trial if he isn't given a chunk of Gwen's fortune. And he will ask for child and spousal support as well," the source adds. "Gwen is furious because at the outset of the divorce, Gavin said he wouldn't go after her money. She is just kicking herself for not getting a prenup." Yeah, that was a pretty major oversight there.

3 Morena Baccarin and Ben McKenzie planning to wed

Remember last week when we all found out that "Gotham" co-stars Morena Baccarin and Ben McKenzie are expecting a baby together while she's divorcing her husband? Well, it turns out they're pushing ahead with plans to solidify their new union, and right quick. In court documents tied to her ugly divorce proceedings with husband Austin Chick, Baccarin lays out the details of her current situation in hopes of disproving Chick's assertion that she and McKenzie got together before their separation. "Today, I am in a new committed relationship. I am planning to remarry. Also, I am 3 and a half months pregnant," Baccarin's statement reads. I guess they had some awkward "what did you do over hiatus" conversations when "Gotham" went back into production, huh?

Well, that was fast.

4 The Beckhams are worth how much?

Maybe they're open to adopting? Because I'd be all for that.

He's one of the most famous athletes in the world — retired or not — and she's a former pop star and current fashion designer. So it's not surprising that David and Victoria Beckham are pulling in some tidy cash. But it turns out that thanks to the added incomes of their two eldest children — Brooklyn and Romeo, budding models both — the Beckham family is now worth more than the Queen of England, according to a report by the London School of Marketing that puts the Beckham brand at an estimated value of $771 million. And just imagine what they'll be worth when Cruz and Harper start pulling their weight.

Daily video

YOUTUBE

Stephen Tobolowsky on Nicki Minaj's 'Anaconda'

I guarantee you've never considered the work of Nicki Minaj like this. The Cut Video team enlists actor Stephen Tobolowsky (you probably know him as Ned Ryerson from "Groundhog Day") to deconstruct and analyze Minaj's music video for "Anaconda," and it's weirdly sublime and amazing. "Nicki Minaj has created a theater of the mind," he declares early on. The analysis — of music, dancing, fashion and the appeal of Drake — is spot on, but one thing is clear: Tobolowsky has never heard Sir Mix-a-Lot's classic "Baby Got Back."

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

2 CULTURE

Twitter feed

Today, Kevin Hart is bothering his colleague, Zoe Saldana is goofing off, Jaden Smith is a needy passenger and Louis Tomlinson is still up.

@KevinHart4real: That moment when me @icecube are doing press for "Ride Along 2" and someone's picture catches him giving me the "What the f— are you talking about Kev Face"

@zoesaldana: Being silly is underrated.

@officialjaden: If I Had A Nickel For Every Time I've Cried In The Back Of An Uber, I Would Have Another Pair Of Yeezy's.

@Louis_Tomlinson: Why am I awake !?

Fred Savage grows up

Interview. The "Wonder Years" star heads back to TV in "The Grinder."

Catch "The Grinder" tonight at 8:30 p.m. on Fox. / RAY MICKSHAW, FOX

Fred Savage might be one of the more beloved former child stars out there. And though some shows generate plenty of behind-the-scenes gossip, Savage promises that his years as Kevin Arnold on "The Wonder Years" would generate no sordid tales.

"It would be a lot of scenes of actors learning their lines and going to bed on time and going to school and making sure you can do the show and prepare for your AP exams at school," explains Savage of any potential behind-the-scenes TV movie. "A lot of filling out of college applications."

He's set to return to TV in a regular acting role for the first time in a long time with "The Grinder," a comedy where he plays the brother to Rob Lowe. Lowe's character is a TV actor whose long-running lawyer procedural (the titular "Grinder") has just come to an end, and he decides that the best thing to do next is move home and help his little brother (Savage) out with his law practice. It might be odd to think of Savage as the non-Hollywood brother, considering he was a child star, but Savage says that's not really the case.

"I like to think of myself as not so Hollywood, and I think it helps being next to Rob Lowe because, compared to Rob, I'm not Hollywood at all," he says.

Savage's character, Stewart, is the straight man for much of the time. He can't believe people respond so well to Lowe's fake lawyer jumping into the courtroom, which may be unrealistic, but which Savage says is grounded in reality. "All of us at some point in our lives, and I know me for sure, feel like we're the only one who knows what's going on and can't believe everyone else is along for the ride," he says. "It's fun to exercise that muscle. Hopefully people see themselves in Stewart."

Though he's staying focused on "The Grinder" right now, Savage is aware of the current craze for reviving older properties, which he says he understands.

"We all have our favorite media moments. Shows that we're nostalgic for and love, shows that we loved and might be embarrassed to admit that we love, and the fact that now there are so many more outlets than ever to produce really excellent content, I think is terrific," he says.

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

One more thing

Former co-stars

And if you're hoping to see his "Wonder Years" co-star, Savage says it's a possibility.

"Danica [McKellar] is so good at so many things, and being a comedic actress is one of the things she's better than just about everyone at," says Savage. "I don't think there's plans right now, but we'd be lucky to have someone like Danica on the show."

GETTY IMAGES

No Hunger Cravings
Fat Burning
Increase your Metabolism
Results Not Typical
• Metabolism boosting diet plan
• Doctor supervised fat burning injections
• Voted best permanent weight loss NYC
NOVO
The Medical Weight Loss Experts
139 Fulton St., Ste 201, NYC
Great Neck, NY • Paramus, NJ
844-544-DIET (3438)
www.novoweightloss.com
FREE
metabolic analysis and consultation
Dedicated Personal Consultants
See if you qualify for our permanent weight loss protocol
Lose 20-40 Pounds in 40 Days.

The talented sister of a genius

Interview. In "Pawn Sacrifice," Lily Rabe is the sister of Bobby Fischer —who was no slouch either.

Lily Rabe plays Joan, the very accomplished sister of chess legend Bobby Fischer, in "Pawn Sacrifice." / BLEECKER STREET

Lily Rabe is no stranger to living with famous figures. She's the daughter of actress Jill Clayburgh and playwright David Rabe. Still, her experiences were nothing like what happens in "Pawn Sacrifice." In the new biopic, the actress of stage and screen — most notably on "American Horror Story" — plays Joan Targ, the sister of chess legend Bobby Fischer (Tobey Maguire). The film is about him, specifically his 1972 bout for the World Championship against Boris Spassky (Liev Schreiber), but occasionally Rabe's Joan swings by, trying her best to help her troubled brother.

Your character, Joan, was a pretty fascinating person in her own right.
I went into a very happy rabbit hole about Joan, even though it wasn't in the movie. She was such a compelling, fascinating woman. She knew seven languages, married a parapsychologist, her daughter became a parapsychologist. She became a nurse, she was a physician, and she taught at Stanford and held a program teaching computer literacy. And she was an organic farmer. She had this consciousness about things that people weren't incredibly aware of then. She was so ahead of the times and such a revolutionary gal. I'm just in awe of her.

Making movies and TV means there's a lot of downtime for actors. Playing chess is one way to spend it. What do you tend to do?
I read. I listen to podcasts. I had my moment with knitting, but that moment has passed. I find I want to read lighter things, because you're constantly getting interrupted. I normally would choose a different book to read than one I would choose at home.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Her big break

On 'American Horror Story'

I read you weren't a fan of horror before "American Horror Story."
I didn't not like it [but] those weren't the movies and books I ran towards as a kid. When "American Horror Story" came into my life, it was Ryan [Murphy] calling and saying, "I've written you this part." He showed me the pilot. I thought it was unlike anything I'd ever seen. And I wanted to play Nora. It really is about what the role is first. It's about if I want to spend time telling this person's story and wearing this person's clothes.

Manhattan Dental Spa
FREE
Teeth Whitening
(w/cleaning, X-ray and exam*)
1000's of Happy Smiles
*most major PPO insurance accepted
Call 212-683-2530
www.manhattandentalspa.com

INSPIRED BY THE PETS WE LOVE
THE WELLNESS® TRUFOOD® WAGON IS VISITING NEW YORK
We're celebrating the vibrant goodness of new Wellness TruFood recipes for dogs and cats with free samples and prizes.
Bring your dog and learn more about the vital nutrients we put in our TruFood recipes.
Join the fun:
Pet Central
Friday, September 25th | 2:00 PM - 8:00 PM
2643 Broadway - New York, NY
Pet Central
Saturday, September 26th | 11:00 AM - 5:00 PM
247 West 23rd Street - New York, NY
Atlantic Antic Street Festival
Sunday, September 27th | 12:00 PM - 6:00 PM
Hicks and Henry Street
close to 88 Atlantic Ave. & 339 Hicks Street
Brooklyn, NY
Visit wellnesstrufood.com/wagon for the complete tour schedule
and share a moment with your pet with #TRULOVEIS.
trufood

Kimchi Pancakes with Sesame Spinach and Rice

PROVIDED

Special offer for Metro readers!
Visit www.marleyspoon.com and enter NYC30 to get $30 off your first box.

Recipe

We've been slightly obsessed with these kimchi pancakes over the past few week. We can't get enough of those crispy edges. To balance the heat of the kimchi, we've added a bowl of fluffy rice and a side of cooling sesame spinach. We like to cut our pancakes into wedges so we can eat with our fingers, though you're welcome to leave them whole. If you're in the mood, you might want to play around with a bigger pancake, though beware, they're harder to flip! Cook, relax and enjoy!

Cooking time: 30 minutes
Attributes: vegan, medium spice
Calories: 730 kcal/portion
Allergens: gluten, soy

MARLEY SPOON
Quality ingredients. Chef designed recipes. Delivered weekly.
www.marleyspoon.com

What we send:

- 1 cup sushi rice (8 oz.)
- 9 oz. bunch flat leaf spinach
- 1 jar Mama O's Vegan Kimchi (16 oz.)
- 2 tablespoons gluten-free tamari (1 oz.)
- 2 tablespoons rice wine vinegar (1 oz.)
- 1 teaspoon toasted sesame seeds (0.1 oz.)

What you need:

- flour
- sugar
- neutral oil such as safflower or vegetable

Equipment:

- small saucepan
- large pot
- strainer
- large nonstick pan

Directions:

1 Cook rice. Rinse rice in a strainer until water runs clear. Combine rice and 1 ½ cups water in a small saucepan and bring to a simmer. Reduce heat to low, cover and cook until rice is tender and water absorbed, 15 minutes. Set aside and leave covered.

2 Cook spinach. Trim any large stems from spinach. Bring a large pot of salted water to a boil. Cook spinach in boiling water until wilted, 30 seconds. Drain and rinse under cold water to cool. Gather spinach in a clean dish towel and squeeze out as much water as possible. Set aside.

3 Prepare batter. Trim scallions and thinly slice. Using your hands, squeeze liquid from kimchi over a bowl; reserve 3 tablespoons then chop kimchi. Combine kimchi liquid, kimchi, 2 scallions, ½ cup flour, ¼ cup water, ½ teaspoon sugar and ¼ teaspoon salt and stir to combine.

4 Make pancakes. Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Add half of batter and spread to an 8-inch round. Cook until golden and crispy, 3–4 minutes per side. Repeat with 1 tablespoon oil and remaining batter.

5 Finish spinach. In a small bowl, combine rice vinegar and tamari. Roughly chop spinach and toss with 1 tablespoon tamari sauce and sesame seeds.

6 Serve. Cut pancakes into wedges and top with remaining sliced scallion. Serve with sesame spinach, rice and tamari sauce for dipping. Enjoy!

This fictional book character is way more popular than you

Out today. "The Epic Adventures of Lydia Bennet" is the "Pride and Prejudice" meets "Keeping Up With the Kardashians" storyline you didn't know you needed.

The younger sister steals the spotlight in "The Epic Adventures of Lydia Bennet." / YOUTUBE

If you aren't one of the 60 million people who watched the "Secret Diary of Lizzie Bennet" series on YouTube, here's a quick rundown: The series, created by Bernie Su and Hank Green, is a modern take on "Pride and Prejudice" in which Elizabeth Bennet starts a vlog that turns her family into Internet superstars.

Now, Lydia, the 20-year-old younger sister, is getting her turn in the spotlight, with a new novel told from her perspective written by series writers Kate Rorick and Rachel Kiley. "When we finished the Web series, every storyline was pretty much wrapped up except for Lydia's," Rorick says.

"In the series, Lydia is portrayed from Lizzie's perspective, but the book is told from Lydia's perspective and told in her own voice so [readers] can see how she thinks and reacts to the world around her," Kiley adds.

A social presence

Though Lizzie was the main focus on the series, Rorick and Kiley saw early on that fans connected with Lydia, too. The fictional sisters had their own social media accounts — with more followers than most IRL people have — and fans reached out to Lydia.

"A lot of girls messaged Lydia saying she helped them see relationships in their lives differently or come to terms with certain things," Kiley says. "It's a fascinating response to a Web series we didn't necessarily expect, but it's really cool to see that sort of thing."

Dickens, with sexting

The Bennet sisters aren't the only characters from classic literature Rorick and Kiley think would kill it on social media today.

"All of the Dickens tales have such gossips," Rorick says. "Letter writing was an art back then. They would spend half their days writing letters. Elizabeth Barrett Browning would probably have a huge text affair."

Kiley is experimenting with classic literature in a new way: "My friend and I are talking about doing literary adaptations with cats. This may be a thing that happens in the future."

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

$1 ZOOM!
Laser Teeth Whitening
(w/Check-up and Cleaning*)
*covered by your PPO Dental Plan
AS SEEN ON TV DR. STEVE
Up to 12 Shades Whiter in just 1 hour
Call (212) 537-6923
Open Weekends and Evenings
ZOOM!
30 East 40th St. #105
1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com

ESSENTIAL Day Spa & Cosmetics Inc.
www.essential-skin.com
Specializing in Problem Skin
Licensed Professionals
First Time Clients Only
Free consultations
Treat yourself to the gift of beautiful skin; We offer results, not promises!
"Body Massage + Facial $99 • Eyebrow / Eyeliner Tinting $25 • Ear Candeling $50"
Diamond Microdermabrasion Only $50 for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.
Botinal Wrinkle Treatment Reg $160 $125 formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.
Acne Treatment w/Glycolic Acid Peel Only $45 For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.
Back/Chest Deep Pore Cleansing $75/$35
Deep Cleansing Facial Reg $75 $40 Deep cleans and refreshes all skin types.
Brightening Peel Reg $125 $75 An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.
Body Slimming Wrap or Salt Glow Special $50 Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.
Back/Chest Glycolic Peel Only $55/$30
247 E. 50th St. 2 Fl NYC • Trains: E M 6 to Lexington Ave., 51st-53rd Street 4 5 6 7 and S to 42nd Street-Grand Central Terminal • Tel: 212-588-8866/212-253-9693

Feel and look Beautiful
Get 2 for the price of 1
END OF SUMMER SALE
SPA & WAX SPECIALS
• Deep pore facial ..... 2 for $65
• 45 minute lymphatic massage ..... 2 for $75
• Spa manicure with spa pedicure ..... 2 for $42
• Full leg wax ..... 2 for $30
• Full body wax ..... 2 for $99
• Brazilian wax ..... 2 for $38
• Back wax ..... 2 for $28
• Full body laser hair removal ..... 2 for $399
ANTI AGING FOR HANDS OR FACE
• Laser genesis for firming ..... 2 for $99
• Clear & brilliant anti aging/brown spot reduction ..... 2 for $299
• Skin tightening ..... 2 for $125
• Oxygeneo..revitalize, restore & renew ..... 2 for $99
• Microdermabrasion exfoliates ..... 2 for $75
• Fractional..rids fine lines ..... 2 for $150
GET SKINNY • PAINLESS & PERMENAT
• Zerona..full body inch loss ..... 12 for $399
• Cavi lipo..cellulite & fat blaster ..... 12 for $399
• Exercise,painlessly our machines do all the work ..... 2 for $15
• Slim body wrap ..... 2 for $65
Laser, Slimming & Anti Aging Spa
180 7th Ave South, Btwn W.11th St & Perry St
212 229 1389
Open 7 Days • Expired 10/4/2015

Indigenous People's Day Pow Wow & Celebration
3 DAYS OF NATIVE AMERICAN SINGING, DANCING, MUSIC, CRAFTS, JEWELRY & MORE
BY NATIVE AMERICAN ARTISTS FROM ACROSS THE AMERICAS
Indigenous People's Day Pow Wow & Celebration
October 10-12, 2015
POW WOW Saturday/Sunday times: 11am - 7pm
INDIGENOUS PEOPLE'S DAY/ SUNRISE CEREMONY Monday 7am - 2pm
PRICES: $12 adults • $10 seniors/students
$8 youth ages 6-12 • Children 5 and under are FREE
Harlem River Field at Randall's Island
Tickets can be purchased at ipdnyc2015.eventbrite.com
718-686-9297
www.redhawkcouncil.org
tickets can be purchased online or at the gate
email: native@redhawkcouncil.org
NYSCA

metro.us/truthfacts

THEMES IN THE WORKS OF NIETZSCHE
Something about suffering, overmen, and other metaphysical gibberish
God is dead! Capisce!? Dead! Dry your eyes, cry baby!

TRUTHFACTS.COM / BY WULFF & MORGENTHALER

metro.us /games

metro.us/horoscopes

Aries You will be bored if you don't keep moving. This is a great time to take care of unfinished business. You'll ease your mind.

Taurus Others may be tight-lipped about their plans, so make a point to investigate what is going on behind the scenes.

Gemini Indulge in entertaining and out-of-the-ordinary pursuits. Join a club, class or group where you can meet like-minded people.

Cancer Don't waste time trying to get others to do what you want. Make a step-by-step plan and stick to it in order to accomplish your goals.

Leo A change in direction is evident. You will get positive feedback from an acquaintance regarding a recent project.

Virgo You are too trusting and will be easily fooled by someone pitching a get-rich-quick scheme. Promises will not be kept.

Libra You will come to a roadblock with a friend, lover or colleague. An honest in-depth conversation will help clear the air.

Scorpio Get out and enjoy yourself. Your exuberance will impress everyone you encounter. Friends and strangers will want to be by your side.

Sagittarius Fun and entertainment will be on your mind, but you will have regrets if you decide to overindulge or overspend.

Capricorn You have everything planned out, but things don't always run smoothly. Keep your emotions in check.

Aquarius You will shine at any group, recreational or professional events. This is a perfect time to present your ideas and thoughts.

Pisces Leave your problems at home. Personal or emotional matters must not interfere with your professional responsibilities. **EUGENIA LAST**

metro.us/sudoku

easy

				5				
	3	1	2	7			8	
2		6				4		9
				9	7	3		
	7		5		3		6	
		3	8	2				
7		2				1		4
	9			8	2	5	3	
				4				

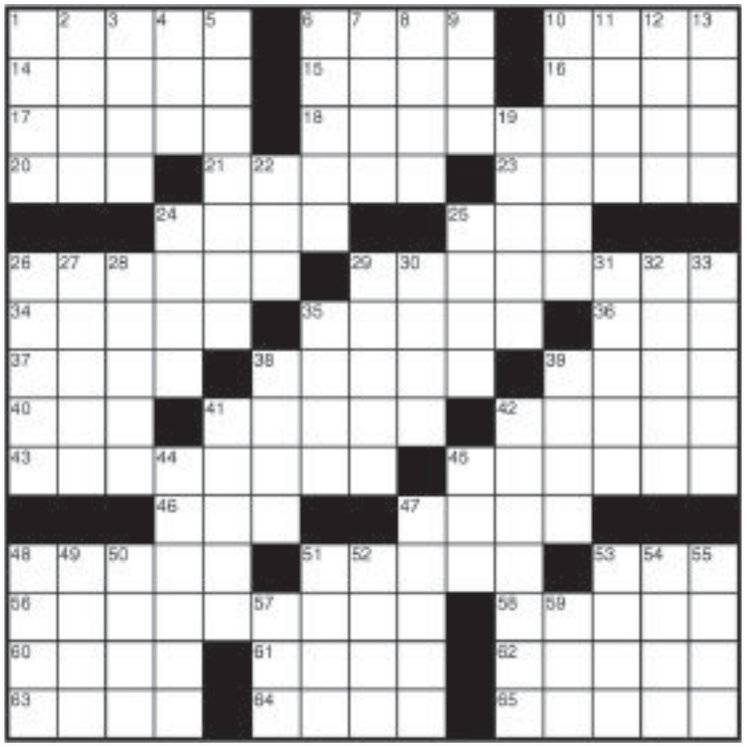
hard

9		6		1				
2			8					1
	8		6			2		
		7		5		3		
5		8	2		3	4		7
		2		8		5		
		3			4		8	
1					8			2
				3		1		4

metro.us/hip-hop-cop

2015 Jamar Nicholas | @detectiveboogaloo | @jamarnicholas

metro.us/crossword



Across

1 Domain
6 Snake eyes
10 Catherine — -Jones
14 Aluminum giant
15 Hindu attire
16 Matinee --
17 Kind of pool
18 Leisure (2 wds.)
20 Cul-de- —
21 Well-practiced
23 The ones here
24 — one's teeth
25 That yacht
26 Arctic canoes
29 Big-hearted
34 Where Pisa is
35 Vows venue
36 Do something
37 Stadium noise
38 Point of an antler
39 Ancient colonnade
40 Sierra Madre gold
41 High-IQ group
42 Blew a paycheck
43 Breaks the rules
45 Dairy machinery
46 MGM motto word
47 "The Ghost and Mrs. —"
48 Gravy no-no's
51 Pick up
53 Dernier —
56 OK in hot water
58 In a fog
60 "Chicago" actor
61 Natural impulse
62 Banal
63 Skippers' OKs
64 HI or AK, once
65 Pita treats

Down

1 Wharf denizens
2 Director — Kazan
3 "Moneytalks" group
4 Mauna —
5 Foolish talk (var.)
6 Portfolio item
7 Dogpatch creator
8 Q.E.D. part
9 Edmund Hillary's title
10 Dulcimer, e.g.
11 McClurg of sitcoms
12 Male cats
13 Helm position
19 Early anesthetic
22 Bad-mouth
24 Hoedown partners
25 Glitch
26 Bolshoi rival
27 Video-game pioneer
28 Google rival
29 Type of varnish
30 Lava spewer
31 Movie with a posse
32 Storrs sch.
33 Box-score info
35 "Rosamond" composer
38 Dogs and hamsters
39 Prod
41 Bog
42 Big bash
44 Slip-ups
45 Mongrel
47 Manufacturer
48 Links org.
49 Heavy hydrogen discoverer
50 Only
51 Entice
52 RR employee
53 Tyrant
54 Casino city
55 Fateful date
57 Dull routine
59 Even one

For answers, go to
metro.us/crossword-answers

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **sales fax** 212-952-1505 • **Associate Publisher** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Managing Editor** William Gorta, william.gorta@metro.us • **National News Editor** Morgan Rousseau, morgan.rousseau@metro.us • **Web Editor** Cristabelle Tumola, cristabelle.tumola@metro.us • **Art Director** Julianne Aerts, julianne.aerts@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadha, tina.chadha@metro.us • **TV Editor** Lisa Weidenfeld, lisa.weidenfeld@metro.us • **Film Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Going Out Editor** Eva Kis, eva.kis@metro.us • **Travel Editor** Rachel Vigoda, rachel.vigoda@metro.us • **Careers/Education/Dating Editor** Raquel Laneri, raquel.laneri@metro.us • **National Sports Editor** Matt Burke, matt.burke@metro.us • **Social Media Manager** Lakshmi Gandhi, lakshmi.gandhi@metro.us

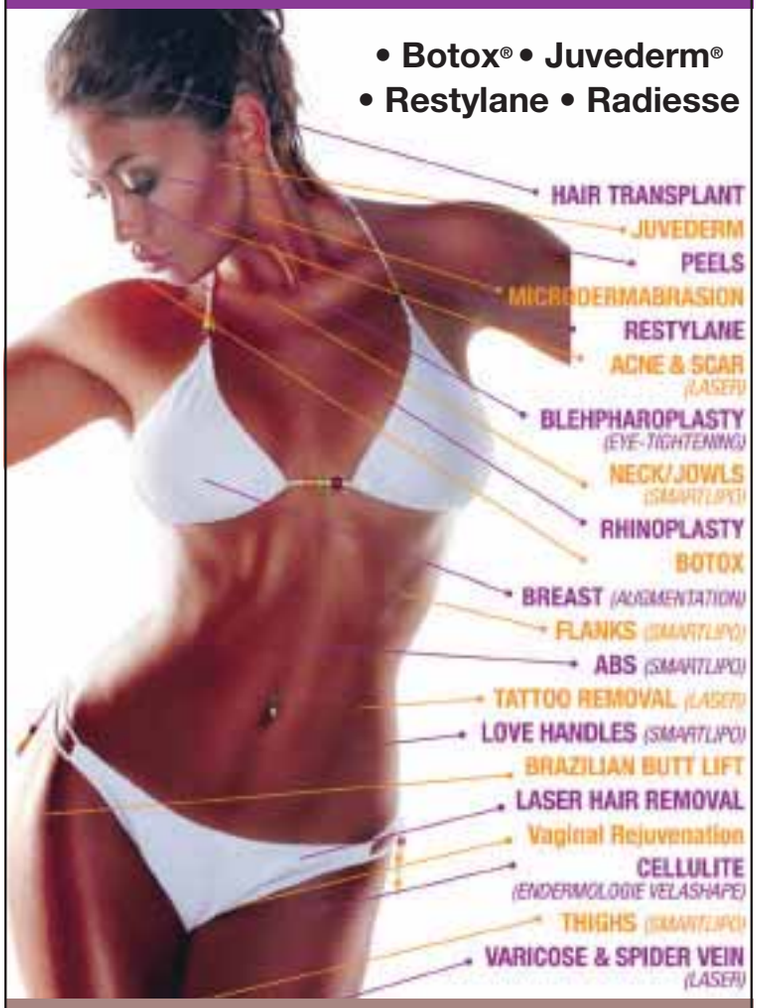
Certified Audit of Circulations CAC

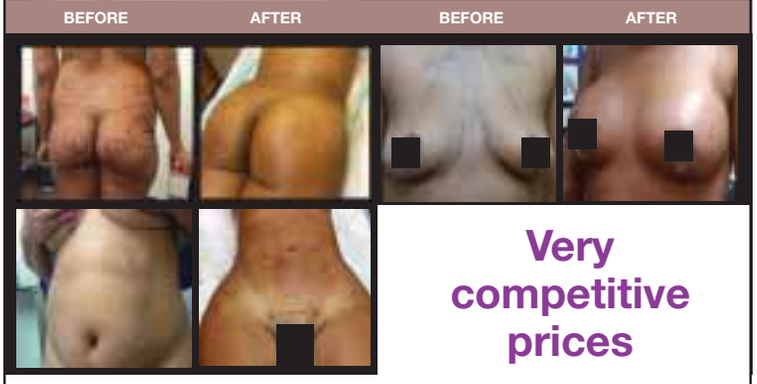
Look your best this Holiday season

VISIT BBLDOC.COM

To See Our Amazing Before and After Pictures of Brazilian Butt Lifts

For your comfort and safety all procedures at our facilities are performed "awake" under under local anesthesia. *Accredited surgical facility & hospital available if needed.*





Very competitive prices

We specialize in curves and buttocks enhancements

New York Laser Lipo
Surgical & Non- Surgical Cosmetic Enhancement for Men & Women

(212) 695-1999
1 West 34th St. • Ste. 402, NYC

(718) 745-7172
334 86th St. • BKLN, NY 11209

www.nybeautysurgeon.com • SE HABLA ESPANOL

Financing Options Available *Insurance not accepted*

Little cooks in the big kitchen

well-being

MARK VON HOLDEN

MAKE HEALTHY YOUR NEW HAPPY

Tamera Mowry-Housley shares her tips on getting kids interested in cooking.

EVA KIS
@thisiskis
eva.kis@metro.us

Modern families have precious little time to spend together, so it's time to rethink what a "family moment" can be — starting with the kitchen.

Making kids part of meal prep is not only a great bonding experience, but has lifelong benefits for their well-being. And they can start even earlier than you think — "The Real" talk-show host and former "Sister, Sister" sitcom star Tamera Mowry-Housley already has her son, Aden, lending a hand, and he's not even 3 years old! "I've found that the more we cook together, the more curious he is about food," she says.

Mowry-Housley was in New York to launch rice brand Uncle Ben's fourth annual Ben's Beginners Cooking Contest, where kids have a chance to win makeovers for their home kitchen and school cafeteria. We got her tips on how to make cooking fun.

Create a theme

"A great way to inspire playfulness and creativity is having fun theme nights," suggests Mowry-Housley. That goes for both the cook and sous chef: Kids will be more willing to try new foods to keep with the theme, while parents have some of the menu-planning pressure taken off them.

Play dress up

Kids already love to wear mom's shoes and dad's ties, so make the kitchen more appealing by creating an all-ages "costume" zone. Get a kid-size apron, a chef's hat and even kid-size utensils to make little ones feel even more part of the action. They may not get to help with everything, but looking like mom and dad will make them want to keep learning to get there.

Bring in the animals

As part of its contest, Uncle Ben's asked kids to draw their dream kitchen. Turns out, they all really want animals helping them out! Try making animals part of the decor. A cat clock, a fish-shaped cutting board and lion-shaped oven mitts instantly add an element of fantasy and make the kitchen more inviting to children.

Make veggies fun

"Kids are more likely to try different herbs and vegetables if they help prepare it," says Mowry-Housley. Want your kid to get into salads? Even the littlest hands can help with washing vegetables, tearing apart lettuce leaves and pulling herbs like cilantro off the stalk, and even garnishing the plates with it.

Viola spent her life caring for the elderly, so she knows what quality care looks like. At ArchCare, she's now experiencing it for herself.
Together, we can help you or someone you care about experience exceptional care, too.
Have questions about care for you or a loved one? Call and speak with a Care Navigator at (855) 951-CARE (TTY/TDD: 711). We're here to help from 8:00 a.m. to 8:00 p.m., seven days a week.
ArchCare Senior Life participants may be liable for the cost of unauthorized or out-of-PACE program agreement services.

ArchCare Senior Life's Program of All-inclusive Care for the Elderly (PACE) delivers everything seniors need to stay healthy and safe in the place they call home. Like top-flight medical care, physical and occupational therapies, assistance at home, even meals and help getting to the doctor. Our PACE day centers offer a relaxing place to socialize, enjoy a wealth of activities, and make new friends. We even have programs to ease the stress of family caregivers. Why? Because when it comes to caring, none of us is as strong as all of us together.

archcare.org

See Viola's story at archcare.org/viola

H4393_Ad 7.30.15_Accepted

archcare
Together, We Can

‘Ingredients’ adds it up

Demystifying the additives in your food.

EVA KIS
@thisiskis
eva.kis@metro.us

“Ingredients” looks at the origin stories and uses of 75 additives. REGAN ARTS

There’s a lot of finger-pointing going on in the food world about the role of what we eat — specifically processed food — in modern health problems from metabolic disease to depression. Steve Ettlinger doesn’t take sides, but he’d appreciate it if there were a little less noise and a little more science.

“It’s important to turn down the chemophobia,” he says. “Yet on the other hand, it’s healthy to be fascinated by the fact that some of these things are made in chemical plants.”

His new book, “Ingredients,” out today, highlights 75 of the most common additives (there are thousands) with Periodic Table-like photographs by Dwight Eschliman to explain how they were invented, where they’re made and what they do.

What “Ingredients” doesn’t do is take sides on whether an additive is healthy or not. Without the baggage of hysteria, what’s left is admiration for the ingenuity of additives — and surprise at how the “natural” and “artificial” worlds can blur. Many additives are derived from natural sources such as kelp, while products once thought of as waste now have rock-star status, such as whey.

If “Ingredients” has one call to action, it’s this: Being an educated consumer is the healthiest choice you can make for yourself and your family. Or, as Ettlinger puts it, “You can chill out a little bit if you know what’s behind those names on the labels.”

NYU Langone MEDICAL CENTER

NYU Hospitals Center

NYU Hospitals Center with its partnering academic institution, College of Nursing, New York University is seeking Commission on Collegiate Nursing Education (CCNE) accreditation of our Post-Baccalaureate Nurse Residency Program.

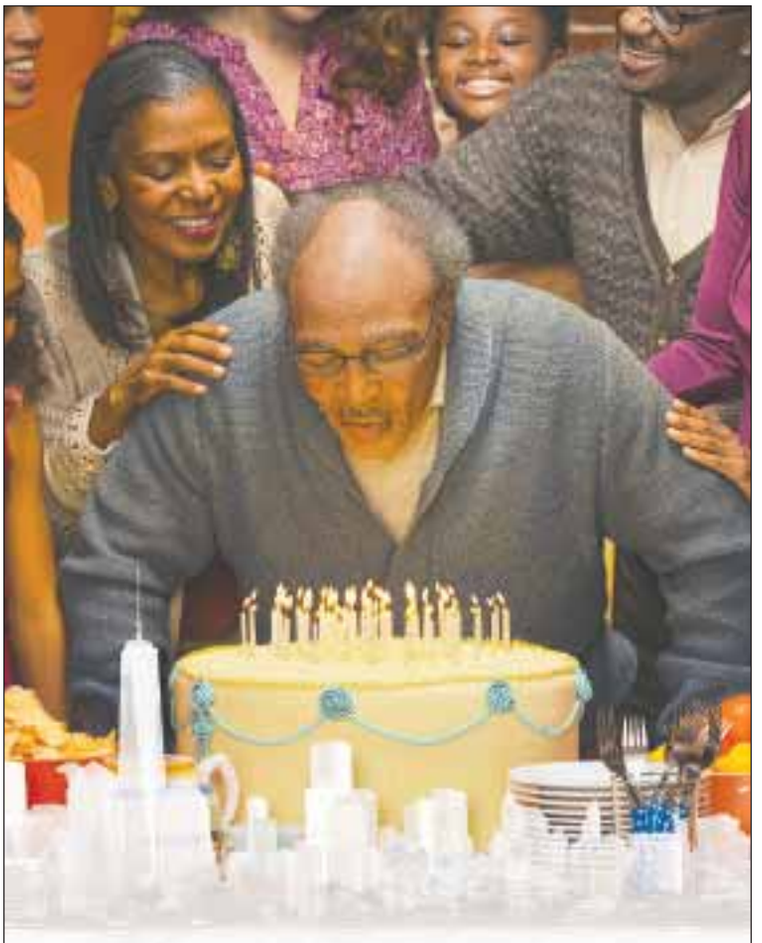
As part of the accreditation process we invite all constituents to submit, in writing, comments concerning our program’s qualifications for accreditation status.

Deadline to submit comments will be **October 5, 2015.** Only signed comments will be accepted by CCNE. Comments will be received only by the CCNE and not shared with NYU Hospitals Center.

Any comments should be mailed and addressed to:

Attn: Benjamin Murray
Commission on Collegiate Nursing Education
One Dupont Circle, NW
Suite 530
Washington, DC 20036-1120

MAGNET RECOGNIZED



TRANSFORMING RESPIRATORY CARE
BREATHE EASIER, NEW YORK

National Jewish Health, the nation’s leading respiratory hospital, and the Icahn School of Medicine at Mount Sinai, a top-ranked academic medical center, have come together to form the Mount Sinai – National Jewish Health Respiratory Institute. Discover a superior level of personalized care at the top center in New York focusing solely on respiratory care.

MOUNT SINAI - NATIONAL JEWISH HEALTH
Respiratory Institute

Icahn School of Medicine at Mount Sinai

National Jewish Health®

▶ Make an appointment.
Visit therespiratoryinstitute.org or call 800-563-3498.

3 SPORTS

NBA

Melo the mentor

There's plenty of pressure on the shoulders of Carmelo Anthony heading into the 2015-16 season. There may be more on rookie Kristaps Porzingis, however. "I'm going to try to be a big brother to him and kind of take the pressure off of him a bit. ... To be a newcomer to this game, to this league, in New York, that's tough."

MORE FUN TO COME

OPINION

MARC MALUSIS
@MARCMALUSIS
Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.

Yoenis Cespedes and Lucas Duda have powered the Mets to the postseason. / GETTY IMAGES

For the first time in nine years, the Mets had something to celebrate in the month of September. Last Saturday night was a good night to be a Mets fan. As the cigars were smoked and the champagne was sprayed in the visitors' clubhouse in Cincinnati, I enjoyed each and every moment.

In 2015, it was no longer about individual success in a team sport as it was in years gone by. It was not about a batting title for Jose Reyes or a CY Young for R.A. Dickey or a Rookie of the Year award for Jacob deGrom or an All-Star Game start for Matt Harvey. Those are all great achievements, but in this city it is about winning above and beyond everything else. That is what this year has been about: winning. It was not about player development or preaching patience or financial restrictions.

It was about winning. How refreshing.

The Mets are celebrating their sixth NL East title in franchise history this week, and their first since 2006. What an amazing year this has been, ranging from the 11-game winning streak, to the offensive drought that dominated the talk and the headlines for a long portion of the summer.

The impact of Noah Syndergaard along with the struggles of the Washington Nationals gave this organization a reason to believe that it was not about 2016, but it was about the here and now.

The Mets saw their closer Jenrry Mejia get suspended for PED use, not once but twice and as a result we witnessed the development and the brilliance of Jeurys Familia.

In late August, we dealt with the headache that was Scott Boras and the innings limits with his client, Harvey. That created a distraction that might have stopped the momentum of most teams. But not this team.

Give Sandy Alderson credit as he made the trades for Yoenis Cespedes, Juan Uribe, Kelly Johnson and Tyler Clippard right around the trade deadline. It emboldened a team and enlivened a fan base and grabbed the attention of this city.

Give Terry Collins a ton of credit. He has dealt with a lot of drama this year and has always had the ear of his team. They always played hard for him.

Baseball has one long season and the Mets storylines have provided major talking points throughout the summer months and now into the fall. October baseball, meaningful October baseball will be played at Citi Field. Where will this story end? Who knows for sure.

But however this ends, I believe this is the beginning of some special years in Queens.

Yes, the Mets will face a significant decision in the offseason as to whether or not re-sign Cespedes. From my vantage point, they should. He is the type of talent that is extremely hard to find. But that will be decided another day.

The core players are there to have this team be a contender for the next handful of years.

This is just the beginning. After all the pain and disappointment and failures of years gone by, now Mets fans can rejoice and celebrate.

Saturday was a special day, and there will be many more to come.

NFL. Jets' Cromartie in an odd Twitter feud

Jets cornerback Antonio Cromartie and the son of Jets tight end coach Jimmie Johnson got into it on Twitter following the Jets loss to the Eagles Sunday as @JimmieJ82 tweeted at Cromartie: "Yo f- you Cro, you weak a- b--. You gonna be playing till you 60 to pay all that child support."

The tweet was a clear dig at the fact that Cromartie has 10 children from several different women. Cromartie fired back at @JimmyJ82, tweeting, "Y the f you worried about my family. If it wasn't for your dad you wouldn't be nothing in life. You better watch yourself son."

Jets head coach Todd Bowles said Monday that the team handled the situation internally.

"We have bigger fish to fry," Bowles said.

MATT BURKE

NFL

Giants' Cruz ready for action

Giants wide receiver Victor Cruz expects to make his season debut with the Giants this Sunday against the Bills.

"I'm preparing like I'm going to play Sunday," Cruz told ESPN. "I feel good. I'm excited to be out there, got a chance to run some routes out there [Monday]." MATT BURKE

LEGAL SERVICES

To advertise, call Thomas Franke at 212-457-7840 or email thomas.franke@metro.us

Bankruptcy Attorney

Looking for a low-priced bankruptcy attorney who accepts installments? Then call

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn

Bankruptcy Only, Chapter 7 Specialist, Low Fee, One Set Fee, Installments, Personalized Attention, Free Consultation

Service • Savings • Satisfaction • Simon!

FIRED?

212-286-1425

OWED OVERTIME?

LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, New York, N.Y. 10022

ABSOLUTE DIVORCE

Hablamos Español

80 Broad St., 5th Floor, NY, NY 10004
917-470-9661 | 212-504-2985
www.absolutedivorceinc.com

STARTING AT $249 + court fees

Must bring in ad

SPA & MASSAGE

To advertise with Metro, email peter.blankenstein@metro.us

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

DO YOU SUFFER FROM RHEUMATOID ARTHRITIS?

Researchers at Rockefeller University are looking to understand arthritis flares. They will monitor volunteers over the course of a year to see what happens before and during flares of arthritis.

You may be eligible if you:

- Have rheumatoid arthritis
- Are female
- Are between the ages of 40-65

Participation involves:

- Weekly finger pricks and questionaires completed at home
- Monthly clinic visits

Compensation is provided for participation.

To learn more, contact our Recruitment Specialist at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu

metro CLASSIFIEDS

To place an ad call 866-900-9473 or visit us at www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

metro CLASSIFIEDS

To place an ad call 866-900-9473 or visit us at www.metro.us

BACK PAIN MASSAGE

overweight stress anxiety back neck joint pain fatigue pinched nerve poor circulation sciatica migraine foot pain hair loss acne
MD supervised acupuncture physical therapy

Accept 1199 aetna cigna oxford unitedhealthcare bluecross blueshield metroplus affinity healthplus medicare and more

www.MedicalHolistics.com

115W 30 St, #500B(6Ave) 212-764-3924 | 723 7 Ave #703 (48 St) 212-470-0360 | Jamaica Queens 718-687-2474

Icahn School of Medicine at Mount Sinai Mood and Anxiety Disorders Program

Do you suffer from depression?

- Feeling sad or down
- Feeling hopeless or worthless
- Feel like crying
- Changes to your appetite
- Having difficulty making decisions
- Can't sleep or concentrate
- Having low energy
- Just don't enjoy things the way you used to

You may be eligible to participate in a depression research study if you:

- are between the ages of 21-65
- have not taken antidepressants or any medications for another psychiatric disorder within the last two weeks
- do not regularly smoke
- have not recently abused drugs or alcohol
- have no history of bipolar disorder or schizophrenia

Researchers at **Icahn School of Medicine at Mount Sinai** are looking for adults with depression to participate in research studies. Benefits may include a medical evaluation, MRI scan, and monitoring for your depression. Participants will receive monetary compensation for their time.

For more information, please call 212-241-7906 or email marin.kautz@mssm.edu

GCO 12-0607 IRB approved through 12/26/15

ARE YOU A GULF WAR VETERAN LOOKING TO IMPROVE YOUR MEMORY & ATTENTION?

DID YOU SERVE OUR COUNTRY IN THE EARLY 1990s? YOU MAY BE ELIGIBLE TO PARTICIPATE IN A **RESEARCH STUDY** TO **IMPROVE MEMORY & ATTENTION PROBLEMS ASSOCIATED WITH GULF WAR ILLNESS.**

LOCATION: JAMES J. PETERS VAMC
130 W KINGSBRIDGE ROAD, BRONX, NY 10468
PI: JULIA GOLIER, MD | VA# GOL-12-024

FOR MORE INFORMATION, PLEASE CONTACT (718) 584-9000 X6567 OR X6587

Bronx VA Medical Center IRB Approval 8/25/15 11/5/15

New York State Psychiatric Institute

Does your child seem hyperactive? Or have a hard time focusing?

If so, your child may be eligible to participate in a research study aimed at learning more about ADHD. Participation includes interviews, magnetic resonance imaging (MRI), and treatment using an FDA approved medication for ADHD. You will NOT be charged for any part of the study. Your family may be compensated up to $850 for your time.

If you are interested and would like to learn more about our study, please call 646-774-5703.

LEGAL NOTICES

NOTICE OF FORMATION of SKJ Ventures LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 06/04/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 45 East 25th Street, New York, NY 10010. Purpose: any lawful activity.

NOTICE OF FORMATION of MSM 1220 LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 02/11/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 301 East 47th Street, #20N, New York, NY 10017. Purpose: any lawful act or activity.

NOTICE OF FORMATION of EMRE & Associates LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 07/23/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 96 Arden Street, Suite 6A, New York, NY 10040. Purpose: Real Estate Investments.

NOTICE OF FORMATION of Serge Worldwide LLC. Articles of Organization filed with the Secy of State of New York (SSNY) on 05/22/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 255 West 43rd Street, New York, NY 10036. Purpose: Real Estate investment.

ITEMS WANTED

CASH FOR DIABETES TEST STRIPS - Up to $35/box! Payment Made SAME-DAY We Receive Your Strips! Call Jenni for a Quote Today! 888-413-3479 www.CashForYourTestStrips.com.

REAL ESTATE

Rooms for Rent

Manhattan & Bronx Rooms

Private rooms in apt. Fully equipped. Start 150 wifi/cable included.
Move same day! • (212) 862-0030

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person $125wk/up room rentals
Studios $900/up
212-697-3598

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $125/wk.
Call Us Now: (212)368-2685

JOBS

General Help Wanted

UJC HOME CARE

IS CURRENTLY RECRUITING CERTIFIED HOME HEALTH AIDS (HHA). OFFERING VARIOUS SHIFTS. LIVE IN CASES AVAILABLE! GREAT PAY AND BENEFITS!!
(212) 460-5730

UJC HOME CARE

IS CURRENTLY RECRUITING CERTIFIED HOME HEALTH AIDS (HHA). OFFERING VARIOUS SHIFTS. LIVE IN CASES AVAILABLE! GREAT PAY AND BENEFITS!!
(212) 460-5730

Security Guards needed for Manhattan; Bronx; Brooklyn, Queens and Staten Island.

Nights & weekends/varied schedules. Must be able to ability to stand for long periods of time, remain alert and observe and report suspicious activity. HS Diploma/GED preferred; Firepoint certification a plus

Please email resume to: recruiter@securityresources.biz

or call 212-748-1173

Atmack® Real Estate Sales People Wanted Lic & Unlic., $HIGH% We pay 4 your Classes: 855-286-2251 Ext.116

JOBS

General Help Wanted

NY State Security Guard Training
NY City Fire Safety Training
Same University location for 21 years

All classes are conducted at **Pace University's Conference Center,** their new, state of the art training facility, just south of the main school and the Brooklyn Bridge
Call **1-888-793-7328** or reserve and pay on-line at www.SecurityTraining.com • www.FireSafetyDirector.com

NY State accredited Security Guard Training:
8 Hour *Pre-Assignment* Training Course for Security Guards
Saturday, October 3rd • Fee: $40.00 per person
16 Hour *OJT Training* Course for Security Guards
Pt. 1: Saturday, Oct. 10th • Pt. 2: Saturday, Oct. 17th • Fee: $80.00 per person
Eight Hour Annual In-Service Training Course for Security Guards
Saturday, October 3rd • Fee: $40.00 per person
Call 1-888-793-7328 or visit www.SecurityTraining.com
By REMS Training, Inc.

NY City accredited Fire Safety Training:
Our next WEEKDAY classes start on: Tuesday, November 10, 2015 • 9am - 4pm (4 sessions)
Our next EVENING classes starts on: Monday, October 19, 2015 • 6pm - 10pm (5 sessions)
Our next WEEKEND class starts on: Saturday, October 31, 2015
9am - 4pm (4 consecutive Saturdays)
Fee: $220.00 per person
Call 1-888-793-7328 or visit www.FireSafetyDirector.com
We also Write and File **FIRE SAFETY PLANS** www.FireSafetyPlans.NYC
By REMS Training, Inc.

SIGHTSEEING BUS TICKET AGENTS
Start today! Paid daily
Choose Hours up to 30% comm
2 East 42nd Street
212-664-0300

TELMKTRS F/T EXP ONLY! MADE YOU LOOK!!! Now All You Have To Do is Call. Salary + Comm. + Bonus = $8.-$12/Hr. David (212) 563-7500

Drivers Independent Contractors (Long Island City) Tri-state courier service. Minimum 1 year experience. Must have own vehicle with commercial plates or own helper. Steady work and great rates. Bring your driver's license, SS card, registration and insurance card. Apply at MitchellsDataMovers 47-11 Austell Place Long Island City, NY 11101 See Rich between 10AM and 4PM Monday to Friday only.

Housekeepers/Maintenance
Must be 18+ FT/PT
NO EXP REQ up to $19.50
Call #347-791-5543

Management Needed for Queens location! Multiple Leadership Openings Available. Seeking Candidates to Join our Team ASAP. We Offer:
* Hourly Pay & Commissions
* Recognition and Incentive Programs
* Health Benefits
* Opportunity for Growth and Advancement
Call 718-210-3639

Looking for talented PROOFREADERS / EDITORS / COPYWRITERS.

Join Fiverr, where millions of clients are waiting to pay for your services!

www.fiverr.com/nycpromo

****Activist Jobs!****
Keep Birth Control Affordable! Oppose Attacks on Women's Health! Earn $12-$16 per hour Full-Time/Part-Time Available
Call Alex@212-219-1502
www.grassrootscampaigns.com/nyc

Activist Jobs!
Keep Birth Control Affordable! Oppose Attacks on Women's Health! Earn $12-$16 per hour Full-Time/Part-Time Available
Call Alex @ 212-219-1502
www.grassrootscampaigns.com/nyc

Healthcare

Stroke Rehabilitation Plus Home Based Physical Therapy

Are you currently receiving physical therapy due to a stroke? Do you need additional treatment to maximize your recovery?

Call us for a consultation
(646) 470-3685
www.strokerehabplus.com
Let us ease your recovery!

CAREER TRAINING

PEST CONTROL SCHOOL & SERVICES
8 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING
BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS
1(800) 220-5494 or (718) 205-0557
pestcontrolschoolny.com | pestmanagementsciences@yahoo.com

Access Careers, Brooklyn
Are You HHA? Upgrade to CNA/PCT!!!

* Medical Assistant
* Nurse Aide (CNA)
* EKG & Phlebotomy
* Patient Care Tech
* Physical Therapy Aide
* Pharmacy Tech
* Cosmetology.....New Program
* Esthetics.....New Program

Call Now: 866-487-5432
www.AccessCareers.Edu
25 Elm Place,# 201, Brooklyn, NY 11201

* Licensed by NYSED
* Onsite State & National Examination
* Short, Fast Track Morning, Evening & Weekend Classes
* Easy weekly Payment Plans

ACCESS INSTITUTE
JOBS
We Train & Place!
New Media Production (Audio & Video)
PCT • HHA • Medical Asst EKG/PHLE/Pharm Tech
CNA FREE Training if eligible
A+, BA, QA, SAP - Solar Tech etc
US Vets Call Now
Call: 718-263-0750
STUDENTS VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

HHA/CNA Training NYSED
Slow learner? Long time out of school? Placement Assistance. Job Placement Assistance
$14.00/per hr
Call #718.349.8003

CNA TRAINING $535
Home Health Aide Training $340
Immediate Job Placement Assistance
Fordham Institute in Queens 718-480-1804

SERVICES

FIX YOUR CREDIT !
Get approved for a line of credit, personal or debt consolidation loan today.
Excellent terms.
At Primus Capital Corp., poor credit is our specialty.
Call today 1-888-701-3336.

SERVICES

REDUCE YOUR CABLE BILL!
Get an All-Digital Satellite System installed for FREE and programming starting at $19.99/mo. FREE HD/DVR upgrade for new callers,
SO CALL NOW
877-356-0526

PSYCHICS

AFRICAN ADVISOR & SPIRITUALIST
MR SHEIKH SALEEM, 6TH GENERATION OF AFRICAN MEDIUM, CAN HELP YOU OUT OF DESPAIR, SEVEN DAY RESULTS
Love specialist, Reunite lovers even hopeless cases, Business success, Release from spell, Clear Negativity, Strong Voodoo, Black Magic, Court issues, Family problems, Drugs, Careers, Exams, Gambling, Luck, Protection, Impotency/Infertility & more.
917-254-6647
116TH/7TH AVE
WWW.AFRICANMEDIUM.COM

SHERIF GUINEAN
SPIRITUAL& ADVISOR
OVER 37 YEARS EXP.
Bring back loved ones in the quickest way. Depression/Love/Marriage/Success in Exams & Business/Stop Infidelity/Clear Negativity/Court Case/Jealousy/Blockage/ETC
WE remove BAD LUCK, WITCHCRAFT, BLACK MAGIC, OBEAH ROOTS, VOODOO & JADOO Stop enimies & offer PROTECTION
646.338.9719
www.psychicbetho.com

POWERFUL AFRICAN SPIRITUAL READER
Highly gifted and powerful, spiritual healer fluent in English and French
All matter of life issues, Personal growth guidance and charity in finance, love, career, black magic and more.
CALL MR TASLIMY AND GET HELP
917-385-9382

Mr. SAIDOU
International Spiritualist Medium & Psychic
Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.
Call 516-206-8543 and 646-339-9948

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

PSYCHICS

Spiritual Healer and Psychic
Mr SHAMAN
Are you suffering for love? are you tired of calling and never get a call back from that special person you love? is your love one ignoring you or neglecting you?
Guaranteed Results
CLIENT TESTIMONIALS:
1-i was getting crazy with a woman much younger than me but she didn't like me , i decided to see Mr . Shaman and than she came to me Thanks a lot God bless you.
2- i had a boyfriend much younger than me and he took all my money , he ruined my life but thank to Mr. Shaman i got over and i got my money back and i made him pay for what he did to me.
CALL NOW (347) 4745886
I HELP WITH
Luck and money problems clean black magic spells get protection from enemies Court and legal problems
REMOVE EVIL SPELLS
from homes, business or persons
All Religions are Welcome

MOST POWERFUL & SUCCESSFUL SPIRITUALIST FROM INDIA
PANDIT KUMAR
All Nationalities Welcome
EXPERT IN READING PAST PRESENT * FUTURE
Solves Problem Like Depression, Love, Job Money, Business, Jealousy Husband & Wife Blockage etc.
I WILL REMOVE & DESTROY BAD LUCK, WITHCHACRAFT, OBEAH, JADOO, VOODOO & BLACK MAGIC PERMANENTLY
REMOVING YOUR PAIN IS MY GOAL
347-740-2798
104-12 115 STREET, RICHMOND HILL. NY 11419

ASTROLOGER PSYCHIC
ALL NATIONALITIES WELCOME
375 YEARS JUNGLE GENERATION ASTROLOGER
PANDIT RAM RAJ
HE CAN HANDLE, REMOVE & VOODOO DESTROY BLACK MAGIC & KARMA
- HEALTH PROBLEM
- JOB PROBLEM
- SEX PROBLEM
- LOVE PROBLEM
- BAD LUCK
- JEALOUSY
- DEPRESSION
- NEGATIVE ENERGY

GIVES PERMANENT PROTECTION
929-330-8339
120-19 LIBERTY AVE. SOUTH RICHMOND HILL, NY 11419
(INSIDE PIRON FASHION SHOP)

PROFESSOR
SHEIKH
SPIRITUAL HEALER & CLAIRVOYANT
40 YEARS EXP.
Specialize in Relationship & Love, Black Magic, Bad Luck, Business, Job Exams, Divorce, Court Cases, Immigration, Etc...Seek help from Prof. Sheikh 3/7 Days Results.
646.891.7809
646.239.4298
www.psychicoumar.com

WORLD FAMOUS ASTROLOGER & SPIRITUALIST
PANDIT: RAMAN SHASTRY
100%
Are you disappointed meeting astrologers & not gettting solutions then meet once.
- Marriage Problems
- Business Problems
- Spiritual Problem
- Money Problems
- Sexual Problems
- Family Argument
- House Problems
- Love Problems
- Worried about loved one
- Enemy Problems
- Husband Wife Problems
- Jealousy

REMOVAL OF BLACK MAGIC OBIYA, VOODU, EVIL SPIRITS FOREVER. HAVE A PEACEFUL LIFE
347-341-2541
103-02 Lefferts Blvd. S.Richmond Hill NY 11419 (Private House)

INDIAN ASTROLOGER & SPIRITUAL HEALER
NEPAL GURUJI
100%
BELIEF IS GOD, BELIEF IS ASTROLOGY
PANDIT IS AN EXPERT IN REMOVING BLACK MAGIC, SPELL, EVIL SPIRITS, JAADOO, VOODOO, OBEAH, CURSE, EVIL EYE POWER, BUTU, SICKNESS FAMILY PROBLEMS, JOB, MONEY COURT CASE, DEPRESSION, LOTTERY BAD HABITS, CHILDREN PROBLEMS.
BRINGING LOVED ONES BACK
ALL NATIONALITIES WELCOME
347-741-4159
81 Willoughby St. Brooklyn NY 11201
Between Jay St & Lawrence St.
(Inside Fatou Hair Braiding)

DURGA MATA ASTROLOGER
PANDIT: GURU RAGHVENDRA
RIGHT Psychic, RIGHT Decision
Palm & Face Reading, Horoscope
PRIVATE & CONFIDENTIAL
Solutions & Advises
* Marriage * Job * Business
* Spiritual * Love * Bad Luck
* Sexual * Court * Jealousy
* Family * Enemy * Evil Spirits
* Money * Jadoo * Voodoo
100% Removal of Black Magic & Gives Holy Protection
718.916.0310
347.238.7227
120-07 Liberty Ave Richmond Hill NY 11419

WORLD RENOWNED POWERFUL SPIRITUALIST & HEALER
PANDITH: PAVAN
Today is your day to let go of All Negative things
IAM THE KEY TO YOUR SUCCESS
EXPERT IN READING PAST PRESENT * FUTURE
Solves Problem Like Depression, Love, Job, Money, Business, Jealousy, Husband & Wife, Blockage etc.
I WILL REMOVE & DESTROY, BAD LUCK, WITCHCRAFT, OBEAH, JADOO, VOODOO, BLACK MAGIC, PERMANENTLY
Worrying is wasting energy on the things you can't control Leave everything in my hand
RESULTS BETWEEN 3/9 DAYS
646-461-0874
Richmondhill, NY-11419,(Pvt Home/office)

ENTERTAINMENT

Try It FREE!!!
New York's Hottest Chat Line
Meet Real Local Singles in Your Area
646-507-5155
Gay/Bi Curious Chat!
646-507-5151
Reg. LD rates apply 18+

Erotic Zone!!!
Meet Sexy Singles in Your area!
100's of Singles on line now!
CALL NOW!
800-838-2561
HOT LIVE SEXY GIRL'S
800-963-4536
18+

America's Premier Psychics Live Psychic Reading
877-998-FATE (3283)
Entertainment only 18+

metro CLASSIFIEDS
To place an ad call 866-900-9473 or visit us at www.metro.us

BOOK YOUR HOLIDAY EVENT TODAY!

Trade in the stuffy corporate event spaces & fussy formal dining rooms for a fun, authentic & delicious slice of Texas, right in the heart of Brooklyn & NYC.

OUR HOLIDAY GIFT TO YOU

Book your event (*our place or yours!*) by **November 1st** & receive a **$150 Hill Country Gift Card.***

"Best Barbecue in New York" *-- New York Magazine & Time Out NY*

"Top 10 Best Barbecue in the U.S." *-- Wall Street Journal*

Also, book our standard **Open Bar Package** & receive a complimentary upgrade to our **Premium Open Bar Package!**

PRIVATE DINING | OFF-PREMISE CATERING | CORPORATE | FUNDRAISERS | COCKTAIL PARTIES

HILL COUNTRY BROOKLYN
345 ADAMS STREET | 718.885.4608
events@HillCountryBK.com

★ ★ ★

HILL COUNTRY NEW YORK
30 W 26TH STREET | 212.255.4544
events@HillCountryNY.com

**Agreement must be signed by November 1st, 2015 to receive gift card. Event must be a minimum of $1000 food & beverage. Gift Card cannot be applied to events booked through offer.*